

Safety

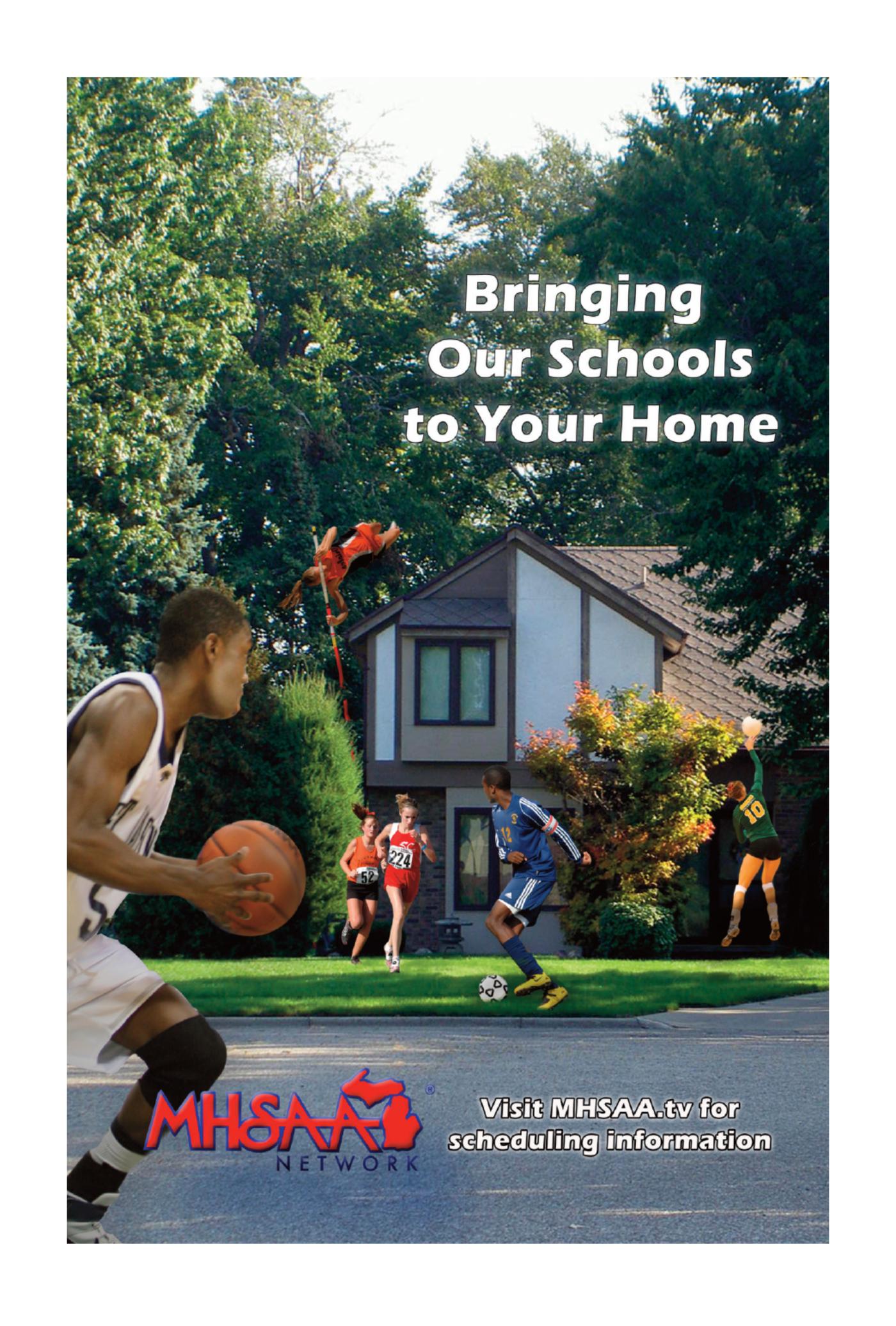
Blitz



Kicking Off
Four Thrusts
for Four Years

Fall 2013 Vol. 5 No. 1

benchmarks
mhsaa



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Cover Story: Safety First in a Four-Year Blitz



4 If the cover of this *benchmarks* issue looks familiar, we're glad. The preseason football bulletin sent to schools last June, along with the hot weather practice guidelines for all sports, are just the beginning of "Four Thrusts for Four Years," designed to preserve the health of our games.

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The Vault – 30

Purpose and Problems in '55
A trip to the MHSAA Vault this summer uncovered a 1955 "Practicum in Physical Education" presented by then-Executive Director Charles E. Forsythe.



Population at Play – 33

High school sports participation numbers for 2012-13 in Michigan remained seventh nationally, despite the state's drop to ninth in school-aged population.



Regulations Review – 38

Concussion Clarity
Public Acts 342 and 343 regarding concussion education went into effect in June. How do the laws affect MHSAA requirements?



Departments

Wide Angle	2
Shots on Goal	3
From the Director	12
Outside Shots	14
Getting I.T.	24
Student Spotlight	26
Officially Speaking	34
MHSAA Business	40
Extra Points	46
Overtime	48

HS Stands for High Schools and Health & Safety

When parents send their children to our programs of school sports, most parents have one hope above all others.

More than they want a winning team, even more than they want their child to get playing time and score points, most Moms and Dads want (and many of them pray) that their child will be **safe** in our care.

I've seen many Moms (including the mother of my two children) gasp for breath and grasp the arm of the person next to them when one of their children took a tumble in soccer or was being twisted to some extreme in wrestling.

Those parents who have the one hope above all other hopes – that their child is safe in our care – have almost every right to expect that their children are, indeed, safe in our care.

Not all accidents can be avoided; and no sport can be entirely injury-free. Those realities mean that people in charge – rules makers, administrators, coaches and officials – must take every reasonable, realistic precaution to minimize accidents and injuries.

With the right policies and procedures, and coaches and officials committed above all else to the wellbeing of student-athletes, we can reduce head injuries and eliminate serious heat illness; we can get CPR and AEDs in use faster; and we can provide environments free of bullying and hazing.

I know that all of us want programs like this for our own children. We must do our utmost to provide nothing less for the children entrusted to us by other parents.



A handwritten signature in black ink that reads "John E Roberts".

John E. "Jack" Roberts
MHSAA Executive Director

As student-athletes across Michigan get out of the starting blocks for another season, there's one wish among their greatest fans that outshines all others: their safety during competition.



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Answer the Call and Begin Making the Calls

Following are comments in response to **"From the Director"** the twice-weekly blog featured on MHSAA.com from Executive Director Jack Roberts, and/or features from the **MHSAA Second Half** website. Archived blogs may be accessed from the "News" page of the website, and features appear at secondhalf.mhsaa.com.

Sports Officiating Challenge (*"From the Director," 7/30*)

The blog above discusses a 17 percent decline in officials registrations with the MHSAA in the past four years.

I think this fails to mention another outside factor: fans/parents. I cover HS sports, and it is amazing how much these officials are berated by the fans/parents. This is night-in and night-out. The same goes for coaches. I would like to see any numbers you might have regarding coaches and participation too, if possible.

– Gary Baker
TheDailyReporter.com



More than 1,200 registered MHSAA contest officials attended "Officiate Michigan Day" in July, the largest gathering of sports officials ever in the state. However, nearly 2,000 have left the avocation during the last four school years.

"I cover HS sports, and it is amazing how much these officials are berated by the fans/parents."

I have to turn down 10-20 meets each season (track, and cross country) because I am already booked. I work between 30-40 meets each year, and could do many more, if phone call requests are any indication. I can usually refer calls to other officials, but it indicates the shortage of officials.

– Ray Drysdale

Preserving A Place (*"From the Director," 7/30*)

While organized sports are great remedies for alternatives to teen mischief, the parents should look in the mirror to find solutions to their dilemma. The effort and energy that they put into "pleading" with you to preserve a place on the team, should have been used to help their children to accept life's disappointments; because we ALL know that disappointments are part of life, and how one deals with such disappointments is what will determine plot in such life, NOT being made popular in the school setting by being guaranteed a place on the team. Intramural play, recreational play, serving as a statistician, student-manager, etc., are all very viable options to actually being on the team.

– Curtis Stove

The Off-Season (*"From the Director," 8/20*)

Very true. There is no "journey" anymore just athletes/parents expecting wins over losses. Everyone wants to get to the reward before experiencing the sacrifice. Thanks for the good read.

– Paul Polfus

Football Practice Proposals (*"From the Director," 6/11*)

I think that is crazy to think that you could only have two collision practices per week after the first game. You can't get better by hitting pads all week. In games, players move, pads do not. You have to practice against live bodies. The way the system is set up right now is just fine. We should leave it the way it is. We will continue to do concussion and heat training and it will be fine, just like it has been.

– Joe Fregetto

Good coaches with good practice plans will make this happen and keep kids safe. Football has a PR issue right now and action must be taken.

– Tom Hunt

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**.

Health & Safety Sports

MHSAA Taking a Healthy Approach to the Next Four Years

During election years, it's a familiar rallying cry: "Four more years! Four more years!"

It's become commonplace following the third quarter of football games around the country for members of the leading team to march down the gridiron with four fingers raised on one outstretched hand as teams switch ends of the field to signify, "Fourth quarter is ours; finish the job."

The number four is also significant in education, where school terms are identified as freshman, sophomore, junior and senior years.

To that end, the MHSAA is imploring everyone involved in educational athletics to go back to school in 2013-14 with a four-year mission in mind: "**Four Thrusts for Four Years.**" The goal is to attain and maintain advanced degrees in sports safety, positioning Michigan schools in the center of best practices for ensuring the health of our product and students, today and beyond.

"Just a brief look around all levels of today's athletic landscape reveals heightened awareness of health and safety issues," said MHSAA Executive Director Jack Roberts. "Interscholastic sports as a whole – and particularly school sports in Michigan – has long led the charge to employ the safest contest rules and provide the healthiest environments for our games and participants.



“But, to put it in athletic terms, we can’t sit on the lead,” Roberts said. “We can, and must, improve our games in order to guarantee their existence for future generations. That is our goal, our thrust in the coming years.”

Following are the focal points for this four-year plan:

- Implement heat and humidity management policies at all schools for all sports.
- Require more initial and ongoing sports safety training for more coaches.
- Revise practice policies generally, but especially for early in the fall season.
- Modify game rules to reduce the frequency of the most dangerous play situations, and to reduce head trauma.

The directive actually kicked off last March, when the Representative Council approved a heat management policy for MHSAA tournaments and a detailed model policy for schools. While not setting requirements for member schools during the regular season, it suggests actions based on heat index – the degree of felt discomfort derived by combining temperature and humidity measurements – that are designed to minimize the risk of heat-related illness during interscholastic participation.

The policy is mandatory for all MHSAA tournaments beginning this school year, and the MHSAA plans to monitor schools’ adoption of the plan throughout the year to determine best policies moving forward.

Laminated cards containing the policy and heat index chart were printed and mailed to schools in June, and continue to be disseminated at statewide meetings this fall. Two publications, *Heat Ways* and *Safety Blitz*, were published, mailed and posted

to MHSAA.com, heightening awareness of healthy practice regimens, and schools have been offered discounted psychrometer prices through the MHSAA to assist in their efforts to properly monitor weather conditions.

“This action was significant; but it’s just the next step in a continuous series of actions being taken to make school sports as healthy as possible for students,” said Roberts. (*The complete heat management policy appears on page 11*)

The MHSAA’s proactive movements toward a safer tomorrow are taking place concurrently, rather than sequentially. While the heat and humidity plan is the most developed of the four “thrusts,” other initiatives are underway. Today’s climate prompts such action.

From the NCAA’s new “targeting fouls” to the NFL’s “crown” rule, and of course Major League Baseball’s Biogenesis/PED debacle, the headlines off the field in August centered on protecting the games rather than simply playing them. Like it or not, it’s the type of news fans need to get used to as their favorite sports audible to option plays in order to steer clear of the endangered species list.

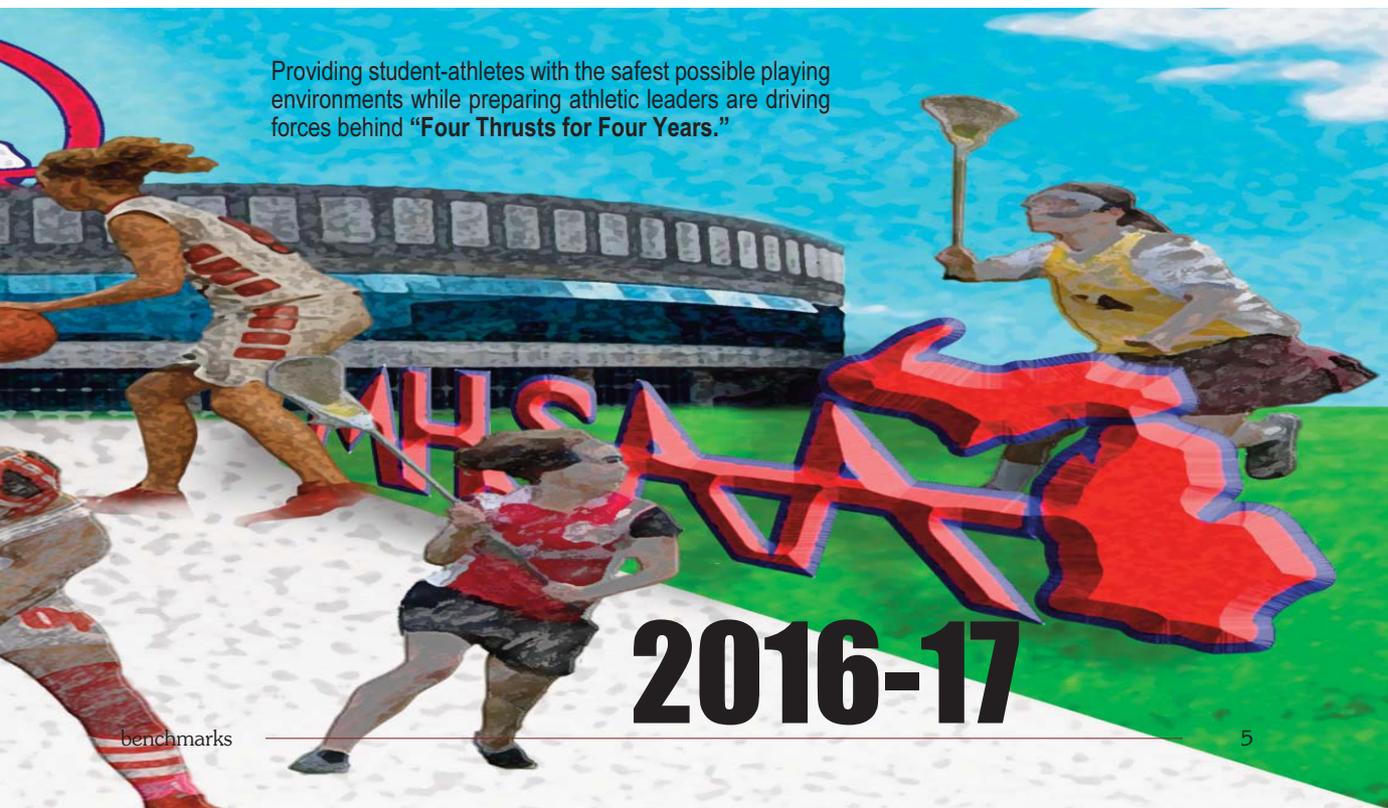
The situation can’t be overstated. Athletics at all levels has been approaching a crossroads for years, and the time to heed the signals has come.

“Let’s make one thing abundantly clear: The people in charge of football at all levels are wise to craft rules that make the game safer, even if those rules will be controversial,” wrote Andy Staples for *Sl.com College Football* on July 23.

The story continued: “As more information arrives about the long-term dangers of the headshots

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Providing student-athletes with the safest possible playing environments while preparing athletic leaders are driving forces behind “**Four Thrusts for Four Years.**”



2016-17

While the much-discussed NCAA “targeting” foul does not exist in high school football, illegal helmet contact has always been a point of emphasis in the NFHS Rules Book, and continues to carry a 15-year penalty and should be strictly enforced. The act can also be considered flagrant when it is delivered to an opponent lying on the ground; to an opponent being held up by other players; or to the helmet of a defenseless player.



Hockey Weekly Action Photos

football players absorb at the high school, college and pro levels, something has to change. The next few years will be messy. The game needs saving, because if it continues as it has, it will get decimated by lawsuits and by parents of young children who decide the potential adverse effects aren't worth the risk.”

When kids stop playing, numbers at the high school level and beyond are bound to diminish as well. To trumpet the vast benefits of interscholastic football while easing parents' minds on safety concerns, the MHSAA formed a Football Task Force in the spring of 2013. The task force is the first of several to be convened during the next four school years, and the objectives of each are to promote the sports involved as safe, low-risk, competitive athletics through the development of better practice policies and modification of playing rules.

“These task forces will be central to the overarching mission of preserving sports for years to come,” said Roberts. “We believe the MHSAA Football Task Force has set a foundation on which to build. Our discussions involving revised practice policies have reached the draft stage, and we intend to have formal proposals ready to present to the Representative Council in March 2014.”

The work of the 13-member task force – made up of football coaches and school administrators from around the state – will be reviewed by the Michigan High School Football Coaches Association, the MHSAA Football Committee and at the MHSAA League Leadership meeting for fine-tuning prior to reaching the Council.

“It is important that we provide opportunities for children to participate in interscholastic athletics and crucial that we do all we can to ensure they will be safe when they do,” said Football Task Force member Tammy Jackson, principal at East Jordan High School, who has a sports medicine background. “The MHSAA has taken an active role in promoting safety by convening the Task Force to examine current rules and consider modifications to further protect children.”

With so much publicity concerning football safety, the football group was a natural to become the first of several task forces to be assembled.

“We must educate the public on the benefits of all school sports,” said task force member Bill Chilman, superintendent of Beal City Schools. “In the case of football, it must be impressed upon people that it is statistically a very safe game when taught and played properly. The Football Task Force being proactive rather than reactive to this safety movement is key to promoting the lifelong values of football and all school sports.”

And within that public is a group which has the most vested concerns: the parents.

“There is more information available to general public regarding sport and sport injuries and unfortunately parents and kids all too often hear about the negative side of sport,” suggests Mike Bakker, athletic director at Fenton High School, and another member of the MHSAA Football Task Force. “It is imperative for the integrity of the sport of football to have coaches and administrators provide information about the safety of the game and the steps we

take to keep kids safe. We must educate parents about the proper way to play the game and the signs to look for if problems arise.”

Without getting into the minutia of the new NCAA and NFL playing rules regarding use of the helmet, suffice it to say this will be an interesting fall during which to monitor penalties and their effect on injury numbers, particularly when it comes to concussions.

The rules changes have been reported and debated at the national level ad nauseam, and the mood seems to inexplicably tilt toward skepticism and criticism from the very group that would stage a revolt of epic proportions if football ever became extinct: the fans.

Case in point: six targeting fouls were called in 75 games during the opening weekend of college football over Labor Day Weekend (one ejection was overturned by replay), and the outcry began. Analysts and fans are afforded frame-by-frame replays which onfield officials do not have the luxury of seeing before throwing the flag.

Like it or not, the rules are in place. And, they have been implemented to protect the future of the game. The impetus now falls to the caretakers of the game – the officials – who no doubt will bear the brunt of disapproving masses in the stadiums. Yet,

Not only can the game become safer; it might even become better by going retro. In recent comments on *The Sports XChange*, NFL analyst and former coach John Madden said, “You are always concerned how any change will impact the game. In this case, players are not going for the head shot, that big hit. They are keeping their heads up. Better tackling has become the unintended consequence. That’s a good thing. Good for football. Good for kids watching. Players are tackling the way they are supposed to, with their shoulders and wrapping up. The big hit, the big replay had become so popular that tackling suffered.”

In high school, the most notable rule change involving helmets involves penalties for players who lose their helmets during a play. However, illegal helmet contact continues to be a point of emphasis and carries a minimum of a 15-year penalty as it has for many years. In the NCAA the mantra on helmet-to-helmet blows is, “When in doubt throw them out,” as the foul now carries with it a player ejection.

That is not the high school rule—yet—but officials at all levels need to be on the lookout. Kemp was quick to warn a roomful of prep football officials during Officiate Michigan Day, “We’ve been told to err on the side of safety, and these plays will

“Better tackling has become the unintended consequence. That’s a good thing. Good for football. Good for kids watching. Players are tackling the way they are supposed to, with their shoulders and wrapping up. The big hit, the big replay had become so popular that tackling suffered.” — John Madden, NFL analyst and former coach

football is their livelihood too; both players and officials are expected to make adjustments. At Officiate Michigan Day and the ensuing National Association of Sports Officials Summit this past July in Grand Rapids, the theme was clear: “The game has changed, and the officiating has to change with it.”

From the NFL Referee Jeff Triplette to the SEC Coordinator of Officials Scott Shaw to Big Ten Referee Alex Kemp and Fox Sports NFL Rules Analyst Mike Pereira – people who have been around the block – the message delivered was that the changes are necessary for the health and growth of football.

“We’re talking about taking out a specific type of play that, quite honestly, you didn’t see that much of before about 10 years ago,” Triplette said during a player safety panel at the NASO Summit. “They still played defense, there were still great hits. But somehow, these violent types of tackles began to get notoriety – whether it was all the ESPN highlights, YouTube, and maybe a combination of all of that stuff – and players started to celebrate those hits and that became the goal.”

result in ejection,” while also adding that such plays will be reviewed by replay officials. “That portion of the rule isn’t there in high school yet, but be ready for it; it’s coming, so when it happens in your games take notice and determine the severity.”

Which brings us to the contest rules for safer play. During the next few years, various sport groups will be assembled to follow the MHSAA football task force’s lead in scrutinizing rules and developing proposals for revisions or additions to be submitted to the National Federation of High School Associations. Initial football discussions receiving some traction involve changing the enforcement spot on post-interception penalties, and limiting the number of yards teams can run up on free kicks. Before any submissions are made to the NFHS Football Committee, the task force will conduct research and present findings to Michigan committees.

“We can make changes ourselves – through MHSAA sport committees – for the subvarsity level,

– continued next page



but our committees can only make recommendations to national rules committees for varsity level play,” explained Roberts. “Over the next four years, we will be asking our sport committees to give more time to the most dangerous plays in their sport – identifying what they are and proposing how to reduce that danger.”

While the football task force here at home is finalizing practice policy proposals targeted for implementation in the fall of 2014, Texas and Illinois are two states which launched restrictions with the opening of football this season. Spokespersons from both states indicate that coaches and school administrators have been pleased with the new formats. *(See related story on page 14)*

Coaches no doubt will need to adjust practice itineraries and budget time wisely. Administrators need to remind staffs that the new era is dawning in the name of player safety, which is paramount to all parties.

“In game situations, coaches want our officials to throw the flag on late hits, low hits and other illegal contact,” Roberts said. “These are incidents that they have no control over. They do have control over practice time and teaching fundamentals; so let’s encourage safety measures that we can control, and employ those tactics to help the game prosper.”

Education will be key to the efforts to align coaches of all sports – and all levels – in the movement toward a healthy future. School will be in session during the next four years as the MHSAA implements effective and practical means for raising coaches’ preparedness. Three avenues are on the map:

First, the Representative Council mandated that beginning with the **2014-15** school year, all assistant and subvarsity coaches at the high school level must complete the same MHSAA rules meeting currently only required of varsity head coaches or, alternatively, one of the free online sports safety courses posted on or linked from the MHSAA Website that is designated as fulfilling this requirement.

Second, it is proposed that by **2015-16**, MHSAA member high schools will be required to certify that all of their varsity head coaches have a valid CPR certification.

Third, it is proposed that by **2016-17**, any person who is hired for the first time to be the varsity head coach of a high school team, to begin after July 31, 2016, must have completed either Level 1 or Level 2 of the MHSAA Coaches Advancement Program. The MHSAA is preparing to subsidize some of the course cost for every coach who completes Level 1 or 2. *(See related story on page 22)*

Together, these changes will move Michigan from one of the states of fewest coaching requirements to a position consistent with the “best practices” for minimizing risk in school sports and providing students a healthy experience.

At stake in these four thrusts – whether an administrator, coach, official, student-athlete, parent or fan – are the games and environments that offer so many lessons and provide so much to root for.

— Rob Kaminski
MHSAA benchmarks Editor

Thank Teddy Roosevelt for Your Football Weekends

The next time you find yourself immersed in a tense crosstown football rivalry on a Friday night, followed by a Saturday pilgrimage to the nearest college campus and a Sunday afternoon with a remote and your favorite snacks and beverages, take a moment to think what the weekend would be like if it weren't for Teddy Roosevelt.

The man who became our 26th President shortly after the turn of the 20th Century following the assassination of William McKinley in 1901 was a football fan like you. Maybe more so.

Today's game of football has reached a critical crossroads. Player size and speed has increased across the board. Savage use of equipment as weapons rather than protective gear has been glorified on television networks and social media. Leaders of the game at all levels have recognized the need for change, employing new rules and widespread educational efforts to aid in preserving the sport.

History, as they say, is repeating itself.

In an ironic twist, it was Roosevelt who saved the then-brutally violent game of football from itself more than 100 years ago. Yes, the same "Rough and Ready Teddy" who led the charge up San Juan Hill during the Spanish-American War and often sparred in the boxing ring while in office from 1901-09 opined that football was becoming so gruesome that he delivered an ultimatum: clean up the game or it would be outlawed.

The *Chicago Tribune* reported that in 1904 alone, there were 18 football deaths and 159 serious injuries, mostly among prep school players. Football deaths suffered by younger players were reported on a nearly weekly basis, as outraged citizens called on colleges and high schools to banish football outright.

In stepped Roosevelt, who called head coaches and representatives from Harvard, Yale and Princeton – college powers at the time – to the White House 1905 urging them to eliminate excessive violence and set an example of fair play for the rest of the country. When the casualties actually rose by one during the ensuing season, Roosevelt reacted with greater resolve and convened leading football authorities for the purpose of authoring drastic rules changes. What emerged was an intercollegiate conference which was the predecessor of the NCAA.

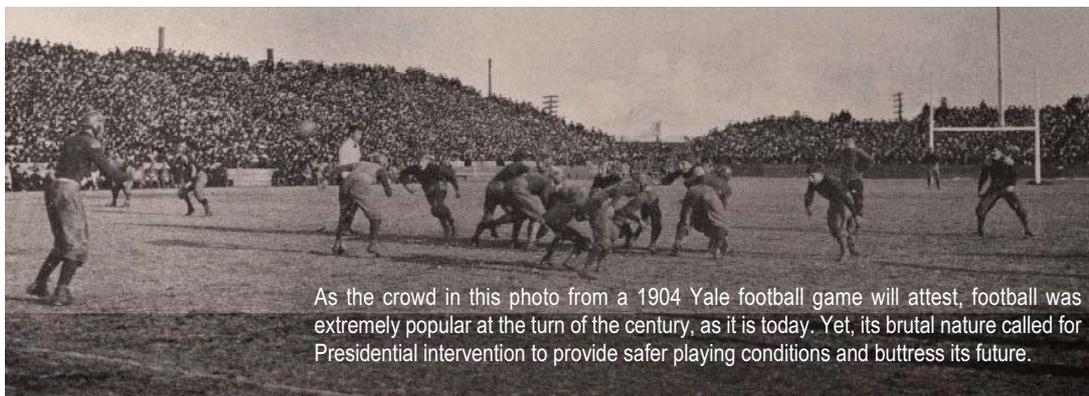
Among the most effective changes for the 1906 season were the legalization of the forward pass, the elimination of mass formations, and the creation of a neutral zone. Football fatalities fell to 11 in each of the next two seasons, and severe injuries fell drastically.

Thanks to the introduction of protective equipment and ever-evolving rules changes, football during the 100-plus years to follow has become an exponentially safer game. Yet, the game's leaders always will need to adjust and react to scrutiny that comes with the territory.

So, as the game once again undergoes rules modifications in the name of safety, enjoy the fall and all of the gridiron glory it is sure to bring. And, at some point, give a tip of the cap to President Roosevelt for sparing you a weekend of raking leaves and washing windows.



— Rob Kaminski
MHSAA benchmarks Editor



As the crowd in this photo from a 1904 Yale football game will attest, football was extremely popular at the turn of the century, as it is today. Yet, its brutal nature called for Presidential intervention to provide safer playing conditions and buttress its future.

Using Our Heads in the Heat of Competition

With so much recent attention to the risks and recognition of concussions in collision sports, athletic leaders have put their heads together to address far more common – but often overlooked – threats to the health of our student-athletes: heat and sudden cardiac arrest.

The No. 1 killer of young athletes is sudden cardiac arrest, while heat stroke victims can surpass that during the year's hottest months. While the moment of impact leading to a concussion is totally unpredictable, athletic trainers, coaches and administrators have the ability to diminish the occurrences of cardiac arrest and heatstroke. Typically, there is a pre-existing condition, or family history suggesting probabilities for sudden cardiac arrest, which can be treated when detected. And, the perils associated with hot weather – heat stroke, prostration – are almost always completely preventable.

The MHSAA has addressed both issues recently. With assistance from numerous medical governing bodies, the annual pre-participation physical form was revamped and expanded prior to the 2011-12 school year to include comprehensive information regarding participants' medical history.

Last May, the Representative Council adopted a Model Policy for Managing Heat & Humidity (*see next page*), a plan many schools have since adopted at the local level. The plan directs schools to monitor the heat index at an activity site once the air temperature reaches 80 degrees, and provides recommendations when the heat index reaches certain levels, including ceasing activities when it rises above 104 degrees.

The topic of heat-related illnesses receives a lot of attention at this time of year when deaths at the professional, collegiate and interscholastic levels of sport occur, especially since they are preventable in most cases with the proper precautions. In football, data from the National Federation of State High School Associations shows that 41 high school players died from heat stroke between 1995 and 2012.

"We know now more than we ever have about when the risk is high and who is most at risk, and we're now able to communicate that information better than ever before to administrators, coaches, athletes and parents," said Jack Roberts, executive director of the MHSAA. "Heat stroke is almost always preventable, and we encourage everyone to avail themselves of the information on our website.

"Schools need to be vigilant about providing water during practices, making sure that students are partaking of water and educating their teams about the need for good hydration practices."

All of which is not to say concussions aren't a serious matter; they are. In fact, leaders in sport safety can take advantage of the concussion spotlight to illuminate these additional health threats.

A recent *New York Times* story (May 2013) by Bill Pennington featured a February 2013 gathering in Washington organized by the National Athletic Trainers Association. In the article, Dr. Douglas J. Casa, professor of kinesiology at UConn and Chief Operating Officer of the Korey Stringer Institute (founded in the late NFL offensive lineman's name to promote prevention of sudden death in sport), suggests just that.

"All the talk about head injuries can be a gateway for telling people about the other things they need to know about, like cardiac events and heat illness," said Casa in the article. "It doesn't really matter how we get through to people as long as we continue to make sports safer."

Education and prevention methods need to find a permanent place in school programs if they are to thrive and avoid becoming targets at which special interest groups can aim budgetary arrows.

Dr. Jonathan Drezner, the president of the American Medical Society for Sports Medicine, said in the *New York Times* piece that sudden cardiac arrest is "so incredibly tragic and stunning that people aren't comfortable putting it into the everyday conversation. I do wish, to some extent, it was something people talked more about because we are getting to a place where we could prevent many of these deaths."

When it comes to heat-related deaths or illnesses, the prevention efforts can be even more successful by educating the masses. And, these efforts can be done at minimal cost to schools.

"That's the thing about curtailing exertional heat illness: it's 100 percent preventable, and unlike other health threats to athletes, the solutions can be very low-tech and inexpensive," said Dr. Michael F. Bergeron, the director of the National Institute for Athletic Health & Performance at the University of South Dakota's Sanford Medical Center, in the *New York Times* story.

To assist with cost and data maintenance, MHSAA has teamed with Sports Health to provide schools with psychrometers (heat measurement instruments) at a discounted rate, and has built on-line tools to track heat and humidity conditions. (*See "Getting I.T." on page 24*)



Rob Kaminski, Lansing

Model Policy for Managing Heat and Humidity

Adopted March 22, 2013

1. Thirty minutes prior to the start of an activity, and again 60 minutes after the start of that activity, take temperature and humidity readings at the site of the activity. (Using a digital sling psychrometer is recommended. Record the readings in writing and maintain the information in files of school administration. Each school is to designate whose duties these are: generally the athletic director, head coach or certified athletic trainer.
2. Factor the temperature and humidity into the Heat Index Calculator and Chart to determine the Heat Index. If a digital sling psychrometer is being used, the calculation is automatic.
3. **If the Heat Index is below 95 degrees:**
 - All Sports
 - Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
 - Optional water breaks every 30 minutes for 10 minutes in duration.
 - Ice-down towels for cooling.
 - Watch/monitor athletes carefully for necessary action.

If the Heat Index is 95 degrees to 99 degrees:

- All Sports
 - Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
 - Optional water breaks every 30 minutes for 10 minutes in duration.
 - Ice-down towels for cooling.
 - Watch/monitor athletes carefully for necessary action.
- Contact sports and activities with additional equipment:
 - Helmets and other possible equipment removed while not involved in contact.
- Reduce time of outside activity. Consider postponing practice to later in the day.
- Recheck temperature and humidity every 30 minutes to monitor for increased Heat Index.

If the Heat Index is above 99 degrees to 104 degrees:

- All Sports
 - Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
 - Mandatory water breaks every 30 minutes for 10 minutes in duration.
 - Ice-down towels for cooling.
 - Watch/monitor athletes carefully for necessary action.
 - Alter uniform by removing items if possible.
 - Allow for changes to dry t-shirts and shorts.
 - Reduce time of outside activity as well as indoor activity if air conditioning is unavailable.
 - Postpone practice to later in the day.
- Contact sports and activities with additional equipment
 - Helmets and other possible equipment removed if not involved in contact or necessary for safety.
If necessary for safety, suspend activity.
- Recheck temperature and humidity every 30 minutes to monitor for increased Heat Index.

If the Heat Index is above 104 degrees:

- All sports
 - Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.

Note: When the temperature is below 80 degrees there is no combination of heat and humidity that will result in need to curtail activity.

Scan the code ar right for the Heat Index Calculation Chart →



Four Thrusts: In Motion and On Track in 2013-14

Last fall at Update meetings across Michigan, we described “Four Thrusts for Four Years” – four health and safety emphases that would help us keep student-athletes healthier and also get a seat for Michigan’s policies and procedures for school sports on the train of best practices – an express train that is moving faster than we’ve ever seen it toward more cautious practice and play policies and more educational requirements for coaches.

At this December’s meeting, the MHSAA Representative Council will examine a first quarter report card – what’s been accomplished during the first year.

It has been a remarkably strong start, but it’s only a start.

The first thrust, improving management of heat and humidity, received a boost last March when the Representative Council adopted a “Model Policy for Managing Heat and Humidity.” It has been promoted in print, online and at face-to-face meetings; and the response of schools has been nothing short of outstanding.

The most exasperating aspect of heat-related illnesses and fatalities is that they are almost 100 percent preventable with proper hydration, preparation and precaution.

This rapid acceptance by school administrators and coaches reflects their appreciation for a clear policy that identifies the precise conditions that call for adjustments in activities, and lists specific actions to be taken when temperature and humidity combine to reach un-safe levels. Gut and guesswork are gone.

The second thrust, raising expectations for coaches’ preparedness, is being advanced in three ways.

In May, the Representative Council adopted the requirement that by the 2014-15 school year, schools must attest that, prior to established deadlines, all assistant and subvarsity coaches at the high school level have completed annually the same MHSAA rules meeting required by all varsity head coaches or, in the alternative, one of the free online sports safety courses posted on or linked to MHSAA.com and designated to fulfill this requirement. This popular change is only the first component of this critically important second thrust.

The second component is this. The Representative Council is scheduled to take action in December to require by 2015-16 that MHSAA member high schools certify that all of their varsity head coaches of high school teams have a valid (current) CPR certification, with AED training as a recommended component.

As this requirement is discussed at constituent meetings, the question is frequently raised: “Why just head coaches?”

“Why indeed,” is our response. If a school has the will and resources, it most certainly should make CPR a requirement of all its coaches, as some school districts have required for many years.

CPR training is conveniently available near almost every MHSAA member school in Michigan. Still, the MHSAA will begin offering CPR certification (with AED training) on an optional basis as an extension of Level 1 of the Coaches Advancement Program (CAP) during 2014-15.



The third component of this thrust is scheduled to go before the Representative Council in March. The proposal is that all individuals hired for the first time as a varsity head coach of a high school team, to begin those coaching duties after July 31, 2016, must have completed the Coaches Advancement Program (CAP) Level 1 or 2.

The MHSAA will track compliance and prohibit varsity head coaches from attending their teams’ MHSAA tournament contests if they fail to complete this requirement, beginning in the 2016-17 school year.

In cases of very late hiring, schools may substitute two online courses of the National Federation of State High School Associations – “Fundamentals of Coaching” and “First Aid, Health and Safety.” However, that coach must complete CAP Level 1 or 2 within six months of the hiring date.

These feel like big steps to some people in

MHSAA member schools – “too expensive” or “another obstacle to finding qualified coaches,” some say; but these are baby steps. This barely keeps pace with national trends. Michigan’s tradition of local control and its distaste for unfunded mandates has kept Michigan schools in neutral while schools in most other states have made multiple levels of coaching education, and even licensing or certification, standard operating procedure.

The three initiatives to upgrade coaches education in this critical area of health and safety over the next three years only nudges Michigan to a passing grade for what most parents and the public expect of our programs. We will still trail most other states, which continue to advance the grading curve. (See page 15)

And for a state association that is among the national leaders by almost every other measure, it is unacceptable to be below average in what is arguably the most important of all: promoting athlete health and safety by improving the preparation of coaches.

The third health and safety thrust is a focus on practice policies to improve acclimatization and to

reduce head trauma; and the fourth thrust is a focus on game rules to reduce head trauma and to identify each sport’s most injurious situations and reduce their frequency.

Because of the critical attention to football on all levels, peewee to pros, our first focus has been to football with the appointment of a football task force which has effectively combined promotion of the sport’s safety record at the school level and its value to students, schools and communities with probing for ways to make the sport still safer.

The task force proposals for practice policies are receiving most attention (See page 16) and will receive Council action in March. But the task force has also assisted MHSAA staff in developing promotional materials that are already in use, (see page 26) and the task force pointed MHSAA staff to playing rules that need emphasis or revision to keep school-based football as safe as possible.

During 2013-14, all MHSAA sport committees will be giving unprecedented time to the topics of the third and fourth thrusts and, when necessary, a task force will be appointed to supplement those sport committee efforts.

Frequently Asked Questions About CPR Certification

1. Q Who is authorized to provide CPR certification?

A The MHSAA does not dictate which organization must provide the CPR education and certification. However, the Michigan Department of Human Services lists the following organizations that are approved to provide CPR training:

American CPR Training	americancpr.com
American Heart Association	americanheart.org
American Red Cross	redcross.org
American Safety and Health Institute	his.com/ashi/about
American Trauma Event Management	atem.us
Cardio Pulmonary Resource Center	517-543-9180
Emergency Care and Safety Institute	ecsinstitute.org
EMS Safety Services	emssafety.com
Medic First Aid	medicfirstaid.com
National Safety Council	nsc.org
Pro CPR	procpr.org

2. Q How expensive is the certification?

A \$0 to \$75.

3. Q How long does certification take?

A Two to five hours.

4. Q How long does the certification last?

A Generally, two years.

5. Q Does the MHSAA specify the age level for the CPR training?

A No. Generally, the course for adults alerts candidates of the necessary modifications for children and infants, and vice versa.

We're Talking Practice: Texas and Illinois Kickoff Revised Practice Policies on the Gridiron

Coaches and players in Texas and Illinois are adapting to new football practice limitations this fall, with the Texas policy focusing on contact, and the Illinois regulation emphasizing length of preseason practices. When the MHSAA Football Task Force finalizes its 2014 practice proposals for consideration this November, constituents will see a hybrid version which addresses both contact and duration. (see page 16)

The University Interscholastic League, which governs school sports in **TEXAS**, put into writing that, "During the regular season and postseason, no football player is allowed to participate in more than ninety (90) minutes of full contact practice per week," effective with the first day of practice this fall.

The complete policy follows:

For the purposes of the of rule, "full contact" is defined as football drills or live game simulations where "live action" occurs. Live action, as



defined by USA Football, is contact at game speed where players execute full tackles at a competitive pace taking players to the ground. A team may continue to dress in full pads for practice, but may only participate in live action drills and game time simulations no more than ninety minutes per athlete per week. It is assumed that when players are in shells (shorts, shoulder pads, and helmets) no live action drills or simulations will occur. This rule is intended to limit live action drills and simulations and not the number of practices a team may participate in full pads. A team may participate in "air," "bags," "wrap," and "thud" drills and simulations at any point. These contact levels are defined below:

- **Air** - Players should run unopposed without bags or any opposition
- **Bags** - activity is executed against a bag, shield or pad to allow for a soft-contact surface, with or without the resistance of a teammate or coach standing behind the bag.
- **Wrap** - Drills run at full speed until contact, which is above the waist with the players remaining on their feet.
- **Thud** - Same as wrap but tempo is competitive with no pre-determined winner and the players are not tackling to the ground.

The rule came to the UIL Legislative Council as a recommendation from UIL Medical Advisory Committee, a permanent advisory committee to the Legislative Council which meets twice each

year to discuss and review safety policies for UIL participants. The committee, which is made up of leading medical professionals in various specialties and includes representatives from the Texas High School Coaches Association, the Texas Girls Coaches Association, and the Texas State Athletic Trainer Association, unanimously recommended this limitation in full-contact football practice.

"We have had only positive comments thus far in the early stages of implementation. Texas high school football coaches are well aware of the growing concerns over health and safety, especially those related to head injuries. The vast majority of coaches in Texas were already holding practices that were within these guidelines," reports UIL Deputy Director, Dr. Jamey Harrison. "We are pleased with the implementation thus far and will continue to monitor its effectiveness to guide future decisions related to practice limitations."

The rule formulates into a formal policy the existing actions of the majority of coaches across Texas, and most coaches have had to make few adjustments, if any. In fact, according to a story on statesman.com, the proposal caused more of an uproar on social media than from coaches.

"It's not going to affect us in anyway," Vandegrift HS coach Drew Sanders said in the story. "Most good coaches were way below that 90-minute amount already. Prior to legislation we still monitored it ourselves – the only change is now we have to keep up a log more publicly."

ILLINOIS put standards in place for its first 14 days of football practices, known as the state's Pre-season Football Acclimatization Practice Period. At the core of the policy is a three-hour practice limit for the first five days, during which teams can also conduct a one-hour walk-through. Teams must observe a minimum two hours rest between the practices and walk-throughs. Players may wear helmets only on the first two days, then helmets and shoulder pads for the next three. From days seven through 14 of the acclimatization period, schools may practice for a maximum of five hours per day, as long as that day is followed by a three-hour day, or an off day. During the five-hour days, no session can last more than three hours, and must include a two-hour break between practices. Full pads may be worn for the final seven dates leading up to the first contest.

"This policy was the result of a collaborative effort between the IHSA Sports Medicine Advisory Committee and the Football Advisory Committee," said SMAC committee member and University of Illinois Associate Professor of Orthopedic Surgery Dr. Preston M. Wolin. "The guidelines are based on

the most recent scientific evidence, as well as the expertise of the coaches who will help implement them. Both committees believe the guidelines represent a significant positive contribution to the health of our athletes.”

“This new policy undoubtedly changes the way we, as coaches, approach preseason practice,” said Metamora HS coach Pat Ryan, who is a member of the FAC and a past President of the Illinois High School Football Coaches Association. “Coaches have to get more creative with when and how they schedule practices, as well what they do with their time. The proposals were strongly supported by both committees. It is a crucial final step to the process of being able to effectively prepare our teams in a safe manner. Change is always difficult, but the game is changing and we need to adapt to continue to put the safety of our players first.”



The IHSA offered multiple interactive online webinar meetings for high school coaches leading up to the start of practice where questions were answered, along with further clarifications on the policy and the science behind it.

“I think most coaches understood that changes were on the horizon,” said IHSA Executive Director Marty Hickman. “We wanted to be in a position to give our coaches as much information as possible to make sure they are comfortable with the new policy. Their input will be critical moving forward as we develop educational materials, like a best practices presentation. I commend our committees on a policy that is supported by medical experts, football coaches and school administrators.”

— Rob Kaminski
MHSAA benchmarks Editor

Note: The websites of the UIL and IHSA contributed to this story

States are Raising the Bar

outside shots

Almost every state now has a requirement that some or all coaches complete once or annually a course delivered online or in person on the prevention, recognition and after-care for head injuries. Here’s a sampling of additional requirements for coaches across the US.

- States that require **CPR** for some or all coaches – 24
Alabama, Arizona, Arkansas, California, Connecticut, Delaware, Florida, Idaho, Kentucky, Maine, Minnesota, Nevada, New Hampshire, New Jersey, New York, North Carolina, North Dakota, Ohio, Oklahoma, Rhode Island, Texas, Utah, Washington, Wyoming
- States that require **First Aid** for some or all coaches (online or face-to-face) – 35
Alabama, Alaska, Arizona, Arkansas, California, Connecticut, District of Columbia, Florida, Georgia, Idaho, Illinois, Kansas, Kentucky, Maine, Massachusetts, Minnesota, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New York, North Carolina, North Dakota, Ohio, Oklahoma, Rhode Island, Tennessee, Texas, Utah, Vermont, Washington, West Virginia, Wisconsin, Wyoming
- States with **sport-specific** education requirements (beyond annual rules meetings) – 7
Arizona, Arkansas, Florida, Massachusetts, New York, North Carolina, Wyoming



Additional states are being added to each category above during the next two years.

MHSAA Football Task Force Putting Ideas Into Practice

Already a leader when it comes to standards, policies and rules of the game, the MHSAA aims to keep interscholastic football in Michigan at the forefront of safe and healthy practices to maintain its solid footing as one of the most traditional educational sports offered by schools.

Riding existing momentum, the MHSAA has created a Football Task Force, comprising 13 individuals with administrative and/or coaching backgrounds.

The mission is to, “examine both practice policies and competition rules, both to improve acclimatization and reduce the frequency of both head trauma and football’s most dangerous play situations; and the Task Force is helping MHSAA staff develop promotions that both extol the values and safety record of school-based football and exhort coaches, players, parents and others to pursue an even safer game.”

In the spring of 2013, the Football Task Force has been focusing on the following topics:

1. Review practice policies to improve acclimatization of players and reduce head trauma.
2. Review competition rules to reduce head trauma and the frequency of the sport’s most injurious game situations.
3. Develop promotions that extol the value of football to students, schools and communities and the safety record of school-based football.

The promotional efforts have begun to be rolled out; game rule modifications are being investigated; and the following proposals for changing football practice policies have been prepared:

1. **During the first week of practice of the season**, only helmets are allowed the first two days, only shoulder pads may be added on the third and fourth days, and full pads may not be worn until the fifth day of team practice.
2. **Before the first regular-season game**, schools may not schedule more than one “collision” practice in a day.
 - A “collision” practice is one in which there is live, game- speed, player-vs.-player contact in pads (not walk-throughs).



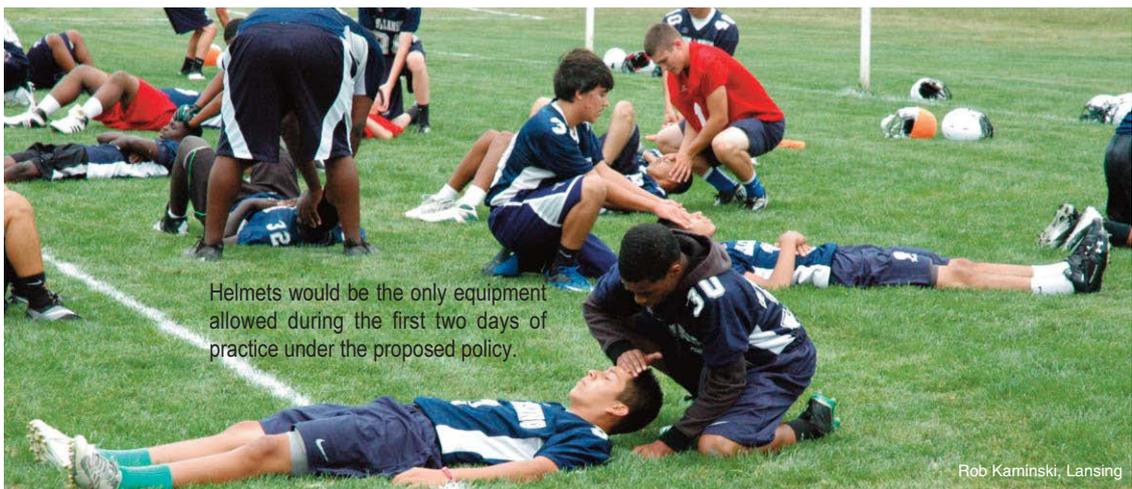
Rob Kaminski, Lansing

Among the MHSAA Football Task Force proposals is a limit on collision practices prior to the first game of the season, and additional limitations after the first game.

- During any additional practice sessions that day, players may wear helmets and other pads (neither is mandatory). Blocking and tackling technique may be taught and practiced. However, contact is limited to players vs. pads, shields, sleds or dummies.
3. **After the first regular-season game**, teams may conduct no more than two collision practice days in any week, Monday through Sunday. During other days of practice, players may wear helmets and other protective pads (neither is mandatory). Blocking and tackling technique may be taught and practiced. However, contact is limited to players vs. pads, shields, sleds or dummies.
4. No single practice may exceed three hours, and the total practice time for days with multiple practice sessions may not exceed five hours.
- Warm-up, stretching, speed and agility drills and cool-down are all considered part of practice. Neither strength/weight training activities nor classroom sessions are considered practice for the purposes of the three- or five-hour limits.
- Note:** It is the intent of the Task Force to finalize its consensus regarding these matters by late November so they may be reviewed by the Michigan High School Football Coaches Association, the MHSAA Football Committee and at the MHSAA League Leadership meeting prior to Representative Council action in March 2014.

Football Practice Proposal Q & A

- Q** Would the proposals apply at both the high school and junior high/middle school levels?
A Yes.
- Q** Is the purpose of the proposals to improve student-athlete acclimatization or reduce head trauma?
A Both.
- Q** What is the Task Force position on “girdle pads” during the first week of practice?
A Girdle pads may be worn under or in place of shorts during the first four days of acclimatization practice that precede the first day in full pads.
- Q** Does the three-hour limit on single practices and the five-hour limit for multiple practices on the same day apply only to football?
A Yes. The Task Force recommends that the limits be added as soon as possible to the MHSAA “Model Policy for Managing Heat & Humidity” and apply to all sports.
- Q** How much time is required between sessions on days with multiple practices?
A Because practice venues differ greatly and some may raise questions regarding supervision and the possibility of injury risks as great off the field as on, the Task Force declined to set a maximum and minimum length of rest periods. However, one hour between practices when there is no physical activity is the minimum recommendation. Classroom sessions would be allowed during the period of physical rest.



Majority of States Have Enacted Concussion Laws

Editor's Note: Since this article was written nearly one year ago, all but one state – Mississippi – now have concussion laws enacted by legislatures.

Head Games

In September 2012, a documentary titled *Head Games* by producer-director Steve James (Hoop Dreams) was released in theaters nationwide and via video-on-demand. The film, based on the book of the same name by former Harvard football player Chris Nowinski, deals with the issue of concussions in professional, college, high school and youth sports.

One of the challenges for athletics personnel highlighted by the documentary is the frequency with which high school and youth sport athletes will conceal symptoms of a concussion because they do not want to be removed from play, do not want to disappoint their coaches or parents, do not want to lose a starting position, do not want to miss a big-rivalry game, do not want to damage their opportunity for a college scholarship, or do not want to do anything that might interfere with their dreams of a professional sports career.

The overriding message of *Head Games* is that sports personnel – athletic directors, coaches and athletic trainers – are the most important and effective line of defense to protect the long-term health and safety of student-athletes who have sustained a traumatic brain injury. Unfortunately, however, as the film also points out in numerous scenes, some athletics personnel lack the level of professional education necessary to recognize the indicia of a concussion or to follow proper return-to-action protocols following a concussion.

One telling moment in the documentary is when a high school district athletic director, commenting on a former football player whose suicide may have

been linked to multiple concussions suffered during his high school and college sports career, states that during the previous school year, across all sports in his district, only 14 concussions had been suffered by the 1,600 student-athletes participating in district athletics programs.

When these numbers, astoundingly low based on the research studies that have been conducted regarding the incidence of concussions in sports, were related to Dr. Robert Cantu, Clinical Professor of Neurosurgery at Boston University's School of Medicine who is the Director of BU's Center for the Study of Traumatic Encephalopathy and who in the 1980s developed the first post-concussion, return-to-action guidelines for athletes, he grimaced in disbelief, shook his head, and then commented that the assertion of such statistics indicates how under-



While the focus is often on football, it is important to realize that concussions are a legitimate concern in all contact sports, and at all age levels.

recognized and under-reported concussions really are in high school sports.

Another scene, even more disturbing, shows a concussion education seminar being presented to athletics personnel, parents and student-athletes at a high school where the school's head athletic trainer verbally assaults the presenter for using "fear tactics" and discloses that the school's football coach intentionally scheduled a mandatory

weight-lifting session to conflict with the seminar so that team members could not attend the education program.

Sports law, as it relates to athletics administration, is sometimes mistakenly perceived as merely a burdensome set of legal principles designed solely to limit the liability exposure of schools and athletics personnel. However, in its most relevant and useful manifestation, sports law represents a society-wide consensus regarding best practices to safeguard student-athletes. Although the above-described scenes from *Head Games* and others like them in the documentary may be outliers with re-



Within the last year, seven states (in red) have enacted concussion statutes, leaving Mississippi (blue) as the lone state without concussion laws. Three bills in that state died in committee during the 2013 legislative session.

gard to the knowledge and attitude of most athletics personnel, a society-wide consensus regarding protocols for dealing with concussions in high school and youth sports has begun to emerge over the past three years as reflected in the enactment by almost all state legislatures of concussion safety laws.

State Concussion Statutes

As of October 5, 2012, 42 states and the District of Columbia had enacted sports concussion safety legislation. The legislature of a 43rd state, Michigan, finalized a bill on October 3, 2012 that was expected to be signed into law shortly thereafter by Governor Rick Snyder (*it was, in the spring of 2013*). Two states – Ohio and South Carolina – had legislation pending that was expected to be enacted during their legislatures’ 2012 terms (*it was*). Five states – Georgia, Mississippi, Montana, Tennessee and West Virginia – did not have concussion legislation pending at the above date, but now all except Mississippi have laws. (*Note: Mississippi’s case is not due to lack of effort, as it had three bills die in committee in the last legislative session.*)

Although it is essential for every athletic administrator to understand the precise requirements of the sport concussion safety law enacted by his or her home state legislature, it is also important to understand the common tenets included in such legislation nationwide. The determination as to whether “reasonable care” has been exercised to safeguard the health of a student-athlete is typically made in reference to the measures used by other informed, reasonable and prudent athletics person-

nel across the country. Therefore, it is important to have a thorough understanding of the common threads included in concussion protocol legislation throughout the United States.

The first concussion bill to be enacted was Washington’s 2009 *Zackery Lystedt Law*, named after a football player who was injured late in the second quarter of a game when his head struck the ground after he tackled an opponent. Video of the incident shows Lystedt lying on the ground in a state of near-unconsciousness with his hands clutching both sides of his helmet. He was removed from the game for the last three plays of the half, but returned to action at the beginning of the third quarter.

During the second half, Lystedt collapsed on the field, was transported to a hospital and underwent life-saving surgery to remove part of his skull to relieve the pressure from his badly damaged and rapidly swelling brain. He suffered several strokes, spent a week on a ventilator and was in a coma for three months. It was nine months before he was able to speak his first word, more than a year before he regained any movement in his limbs and more than 20 months before he was able to be removed from a feeding tube.

Forty of the state laws enacted (as of 2012) included all three basic tenets of the Zackery Lystedt Law – education programs, immediate removal from play and written clearance before return-to-action. Minor variations exist, however, in the precise mandates of each law, including the type of education programs required for coaches, student-athletes and parents; the definition of who is per-

– continued next page

The Zackery Lystedt Law is considered to be a model concussion protocol statute and it contains three key components:

1. All organizations operating sports programs for athletes **under the age of 18** (including both schools and youth sports organizations) must provide education programs and materials to inform coaches, parents and student-athletes about the nature and risks of concussions, and on an annual basis a concussion information form must be signed by each athlete and his or her parents/guardians.
2. An athlete suspected of having sustained a concussion during any sports activity including practice or competition must be immediately removed from action.
3. An athlete suspected of having sustained a concussion cannot return to action until having been evaluated by a licensed health-care provider trained in the evaluation and management of concussions and receiving written clearance from that health-care provider. Those allowed to provide return-to-play authorization are medical doctors, doctors of osteopathy, advanced registered nurse practitioners, physician assistants and licensed certified athletic trainers.

mitted to grant return-to-play authorization; and the scope of application of the law (some apply only to school sports and others also to youth sports programs). Many state laws require more than the three tenets of the Zackery Lystedt Law, including some that mandate baseline testing of student-athletes and others that require more extensive return-to-action protocols.

To read a summary and the full-text of your state's concussion law, go to the Web site of the National Conference of State Legislatures at www.ncsl.org (keyword search: concussions).

Recommendations Regarding Concussion Protocols

In order to ensure that you are not only in compliance with your state concussion safety statute, but that you are exercising the fullest possible measure of reasonable care to safeguard student-athletes, consider implementing the following suggestions.

- Require all of your school's athletics personnel, including all athletics administrators, head coaches, assistant coaches, non-teacher coaches, volunteer coaches, strength and conditioning personnel, and athletic trainers to complete the NFHS online course titled "Concussion In Sports – What You Need To Know." The class requires approximately one-half hour

to complete and is free-of-cost, and an athletic administrator may set up an easy-to-use online account to monitor completion of the course by all of the mandated personnel. Go to www.nfhslearn.com for more information.

- In addition to having all of your student-athletes and parents/guardians sign off on a concussion information form, require them to complete the NFHS concussion education course. Given that one of the greatest challenges in concussion safety is to get student-athletes and parents to appreciate the gravity of the issues related to concussions, the NFHS course provides a powerful educational resource that is free of cost. As of the beginning of the 2012 fall school term, more than 570,000 individuals had completed the NFHS course.
- Require baseline testing for all student-athletes. At scale, the cost of such tests are low and school districts across the country have had success in obtaining financial sponsorship for baseline concussion testing from local hospitals, medical practices and health insurance providers.
- If at all possible given the logistical issues regarding the location of your school and the nature of health-care specialists available in your geographic area, consider requiring return-to-action clearance to be given by a specialist in the treatment of traumatic brain injuries. Try to avoid allowing clearance to be given by lower-level medical professionals who may never have received any specialized training in concussions or traumatic brain injuries.
- Consider incorporating into your return-to-play guidelines the five-step process mandated by the Zurich Consensus Statement on Concussion in Sport pursuant to which after an athlete is symptom-free, he or she must advance through a protocol of light aerobic exercise, sport-specific activity, noncontact drills, full-contact drills and finally return-to-action. Details about the Zurich Consensus are available at sportconcussions.com/html/Zurich%20Statement.pdf.

— Lee Green, J.D.

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Scan Code for NFHS Learning Center Online Courses



NFHS Partners With USA Football for Safety

The National Federation of State High School Associations (NFHS) has partnered with USA Football to advance high school football player safety on a national level by endorsing USA Football's Heads Up FootballSM program.

The NFHS leads the development of high school interscholastic sports and activities, serving its 50 member state high school athletic associations plus the District of Columbia. USA Football is the sport's national governing body.

The NFHS supports player safety-focused training programs for its membership, which includes more than 19,000 high schools. The NFHS encourages high schools to adopt training programs such as Heads Up Football as a means to minimize the inherent risk in the sport. Football, with 1.12 million high school student-athletes, is the No. 1 participatory sport of high school boys by nearly a 2-to-1 margin.



In partnership with the NFHS and USA Football, 32 high schools spanning eight states – Florida, Georgia, Indiana, Maryland, New Jersey, Oregon, Pennsylvania and Virginia – will pilot Heads Up Football in 2013. All high schools across the U.S. will be eligible to adopt Heads Up Football in 2014.

Each participating high school program will designate a Player Safety Coach. This individual is trained by USA Football to instruct fellow coaches, parents and players on Heads Up Football's tackling mechanics that aim to reduce helmet contact, Centers for Disease Control and Prevention (CDC) concussion recognition and response protocols and proper helmet and shoulder pad fitting. Player Safety Coaches see that Heads Up Football's protocols are put into practice throughout the season. In addition, all participating coaches complete the USA Football-NFHS Fundamentals of Coaching Football certification course.

"The health and well-being of our student-athletes is our No. 1 priority," said NFHS Executive Director Bob Gardner. "Rooted in education, Heads Up Football is advancing sound behaviors and techniques as to the manner in which football is taught and played. USA Football has melded needed insight and techniques from experts in medicine and sport for the benefit of our students."

"Heads Up Football is raising standards in how coaches are prepared to teach and how player safety is addressed to coaches, players and parents," said USA Football Executive Director Scott Hallenbeck. "Nothing comes before the health and safety of our young athletes, and the NFHS shares that commitment with us. Our game is undergoing a significant behavior change for the better through the education and training Heads Up Football delivers."

In addition to benefiting approximately 4,000 high school student-athletes in 2013, Heads Up Football has been adopted this season by nearly 2,800 youth football programs representing nearly 600,000 youth players in all 50 states and Washington, D.C., this season.



Five primary elements of USA Football's Heads Up Football program for high schools:

- **Heads-Up Tackling** – USA Football's Heads Up Tackling technique, endorsed by medical and football experts, teaches players to keep their heads up and out of the line of contact.
- **Coaching Certification** – All coaches will complete the USA Football-NFHS Fundamentals of Coaching Football certification course designed for NFHS membership.
- **Concussion Recognition and Response** – Coaches learn and are assessed on Centers for Disease Control and Prevention (CDC) concussion recognition and response protocols. Coaches, parents and players are taught concussion-related protocols.
- **Player Safety Coach** – Appointed by each participating Heads Up Football high school program. This individual is trained by USA Football to implement Heads Up Football's player safety protocols, including coaching certification, and conducts safety clinics for fellow coaches, parents and players.
- **Equipment Fitting** – Coaches, parents and players are taught proper helmet and shoulder pad fitting.

CAP Has Healthy Dose of Courses for the Taking

The MHSAA's Coaches Advancement Program (CAP) is among the most comprehensive and beneficial coaches education programs in the country.

From the breadth of courses to the depth of their content, attendees will cull the most recent coaching tips and trends in the hot topics of educational athletics through their participation.

And, as a major component of the MHSAA's "Four Thrusts for Four Years," persons hired for the first time in any MHSAA member high school as a varsity head coach, to begin those duties after July 31, 2016, must have completed CAP level 1 or 2.

The requirement also comes with several value-added benefits, which have always been a major attraction for CAP attendees:

INSURANCE: Liability insurance coverage in the amount of \$1 million per occurrence. This protection extends to coaches' performance of duties for the school team during the interscholastic season. The coverage is good for the year that the coach successfully completes the program and the following year.

NEWSLETTER: *GamePlans* is an electronic newsletter that is sent six times a year to coaches who have successfully completed six hours of the Coaches Advancement Program. The *GamePlans* newsletter contains pertinent articles that will assist coaches in their daily planning. *GamePlans* also publishes a record of all coaches who have been certified through CAP.

STATE CONTINUING EDUCATION CLOCK HOURS: State Continuing Education Clock Hours (SCECHs) are available to coaches and can be used for the renewal of selected certificates issued by the Michigan Department of Education. Coaches who complete a six-hour session are eligible to receive 6 SCECHs.

In keeping with the theme of surrounding school sports with the healthiest of environments, CAP offers three tracts specifically targeted to meet those goals. "Sports Medicine and First Aid" is a 2-hour course in CAP 1; "Strength and Conditioning: Designing Your Program" is a 2.5-hour course in the CAP 2 curriculum; and "Healthy Living" is a 2-hour course in CAP 5.

"The MHSAA Coaches Advancement Program provides educational opportunities for the coaching community unlike any other," said MHSAA Executive Director Jack Roberts. "It is logical that CAP play an integral role in coaches' preparedness as we move toward healthier interscholastic sport initiatives."

MHSAA Second Half.com Editor Geoff Kimmerly recently featured four coaches who have achieved CAP certification levels, as they shared some of their favorite coaching lessons in the June issue of *GamePlans*.

Register for upcoming CAP sessions soon, and share your stories with peers. Following are excerpts from Kimmerly's story.

Steve Brooks
Ypsilanti Boys Basketball
CAP Masters Elite Certification (Levels 1-6)

Brooks led the Ypsilanti High School program the last 10 seasons, guiding the Phoenix last winter to its first Regional championship since 1981.

"At any time, our players can come in and talk about personal things and feel like they can let stuff out and it won't go further than the people it's entrusted to," Brooks said. Making a connection to players begins early through his middle school coaches and remains key to building that familial trust.

"It is logical that CAP play an integral role in coaches' preparedness as we move toward healthier interscholastic sport initiatives." — MHSAA Executive Director Jack Roberts

Heather Prentice
Portage Northern
Competitive Cheer
CAP Masters Elite Certification (Levels 1-6)

Prentice has coached Portage Northern the last eight seasons and guided the 2007 and 2008 teams to the MHSAA Finals.

"The great thing about coaching for so long is you get letters or emails back from kids; 'I thought of you today when I was disciplining my 3-year-old child,' things like that. Or, 'I went in for a job interview and they asked for one of my qualities. And I said I have integrity. I do have integrity, and you taught me that.' Those are the cool moments," Prentice said. "They really did hear me; they did hear what I am saying."

Duane Enderle
Birch Run Boys and Girls Soccer
CAP Masters Elite Certification (Levels 1-6)

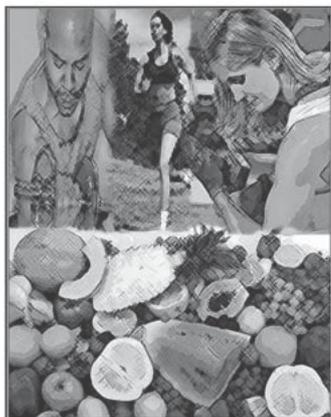
Enderle has coached Birch Run's girls program since its start, and in 2013 led the Panthers girls to the District Final for the second time during the program's six seasons.

He said this year's Birch Run team saw a different side of him as he pushed accountability a little bit harder. It's a lesson that doesn't lose significance, even as athletes change over the years and push boundaries in different ways.

"That's the biggest thing I try to pass on to them, their own self-responsibility and accounting for all of their actions," Enderle said. "Everything they do always has consequences."

Coaches Advancement Program

Healthy Living: Helping Athletes Make Good Decisions



**Mary J. Barron, MS, ATC, Ryan Hedstrom, Ed.M. ATC
Anthony Moreno, Ph.D.**

Kim Crum
Mattawan girls lacrosse
CAP Beginning Certification (Levels 1, 2 & 5)

Crum is a 2002 Mattawan graduate and played three seasons for the highly-successful softball program led by coach Alicia Smith. Crum just finished her third season coaching the school's girls lacrosse team.

Playing a high school sport often means seeing those coaches and teammates as much or more than family during that three or fourth-month span. Some of Crum's lacrosse players have played together in the past or together on other sports teams. But she and Stephens are quick to remind them that each team, each season, is a new group with new dynamics to learn.

"Every time we do something, we look at it as how it affects the group," Crum said. "We have to figure out how each other work. ... Be patient. By the end, we'll figure things out."

CAP offers an abundance of courses, including those which tie-in directly to the health of school sports.

CAP COURSE OVERVIEW

CAP 1

- Coaches Make the Difference: MHSAA Philosophy and Regulations
- Effective Instruction: The Coach as Teacher
- Sports Medicine and First Aid

CAP 2

- Effective Communication: Characteristics of Coaches who are Great Communicators
- Legal Issues in School Sports: A Game Plan to Meet Legal Needs Psychology of Coaching

CAP 3

- Additional Coaching Responsibilities: Becoming Aware of your Many Resources
- Effectively Working with Parents
- The Coach as Performer: Managing Your Time and Energy Level

CAP 4

- Understanding Athlete Development
- Preparing for Success
- Strength and Conditioning: Designing Your Program

CAP 5

- Healthy Living
- Controlling Emotions in Pressure Situations
- Resolving Conflicts in Athletics

CAP 6

- Champions of Character: Current Issues and Topics In Educational Athletics



COACHES: Login to MHSAA.com and register for 2013-14 CAP Courses Today! Scan the code at right from your mobile device.



Recording Sports Heat Index is a Breeze Online

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



Geoff Kimmerly, MHSAA

The MHSAA's Model Policy for Heat and Humidity approved last March is now in place for suggested use by schools beginning with the 2013-14 school year.

The policy, while not setting requirements for member schools, proposes actions based on heat index – the degree of felt discomfort derived by combining temperature and humidity measurements – that are designed to minimize the risk of heat-related illness during interscholastic participation. The procedures are mandatory for MHSAA tournaments beginning this fall.

To assist schools in monitoring and recording heat index during athletic activities, the MHSAA has provided assistance with equipment and software.

Discounted Heat and Humidity Monitors and Precision Heat Index Instruments are being offered to schools through a partnership between the MHSAA and Sports Health.

Additionally, MHSAA has developed interactive web pages on MHSAA.com which allow registered personnel to record weather conditions as practices and contests are taking place, using psychrometers.

"When the Representative Council was formulating the Heat and Humidity Policy, it was also mindful of ways in which the MHSAA could assist schools in putting the plan into practice," said MHSAA Director of Information Systems Tony Bihn.

"We realized coaches, athletic directors and trainers needed a quick method to record information for athletic directors to view. In turn, the MHSAA will benefit from valuable data generated by the program."

Administrators and coaches are reminded that the MHSAA Heat and Humidity Policy is applicable to indoor sports as well as outdoor competition. Early in the fall, gyms and pools can become quite steamy, and the same precautions for rest and hydration should be in place.

As of Sept. 5, 316 readings had been entered by schools, a modest start for the new policy, but unseasonably moderate temperatures yielded pleasant conditions for early fall practices around the state. When the temperature is below 80 degrees there is no combination of heat and humidity that will result in need to curtail activity, and thus schools do not need to enter data.

"Through our relationship with Sports Health, and with the excellent work of our I.T. staff, we've provided tools with which the policy can gain traction," said MHSAA Executive Director Jack Roberts. "We believe the foundation is in place, and we will continue to seek ways to help our schools."

Coaches may access the page by logging in to MHSAA.com, and navigating to "Coach Services," then "Heat Index Recordings." Once there, the coach can enter temperature and humidity, sport, date and time of day. They then have the option to have the system calculate the heat index or, if using a psychrometer, they can simply enter that number without clicking on the "Calculate" button.

Athletic directors can go to a similar screen where they can either enter the data, or simply view all of his or her school's readings using a variety of filters including date, sport, and heat index figures.

The following page illustrates the screens, and offers codes which can be scanned for mobile use.

Scores & Schedules Sports Schools Officials News Education **My MHSAA** Logout

My MHSAA Coach Services Heat Index Recording

Heat Index Recording

My MHSAA Currently logged in as: Mr. Robert A Kaminski Officials: ●●

To view all of your readings, switch to [View Results Mode](#).

To view all of your schools readings, switch to [Administrative View](#).

ENTER TEMPERATURE AND HUMIDITY

Temperature Humidity

[or, enter Heat Index -->](#)

Sport Level

Date Time

Notes



The online recording system for heat index provides coaches and administrators an easy method for entering data. Using psychrometers (instruments such as those pictured at right), readings are entered into the appropriate areas on the form and submitted (above). ADs then have a comprehensive list of practice and game conditions which can be tailored to suit their needs. The QR Code above can be scanned through a mobile device to access the recording form, while the one below leads to the reports form.



Heat Index Reports

FILTER HEAT INDEX ENTRIES

Start Date End Date

Sport Level

Under 95
 95 To 99
 100 To 104
 Above 104

OCCURRENCES

- 77
- 21
- 0
- 2

Index	Temp	Humidity	Date	Sport	
▶ 161.1	95	85	7/15/2013 4:30:00 PM	Varsity Football	<input type="button" value="View Action"/>
▶ 92.6	92	36	8/20/2013 6:00:00 PM	Varsity Boys Soccer	<input type="button" value="View Action"/>
▶ 92.6	92	36	8/20/2013 6:00:00 PM	Varsity Football	<input type="button" value="View Action"/>
▶ 86	0	0	8/20/2013 3:57:00 PM	Junior Varsity Football	<input type="button" value="View Action"/>
▶ 97.5	87	73	8/21/2013 4:00:00 AM	Junior Varsity Football	<input type="button" value="View Action"/>
▶ 94	0	0	8/21/2013 3:00:00 PM	Varsity Boys Cross Country	<input type="button" value="View Action"/>



MHSAA P-L-A-Y! Preparation Lasts All Year

Initiative and contest launched to encourage year-round activity

The MHSAA is focused on making school sports as safe as possible for student-athletes. And students can play a significant part by entering the first day of practice for any season in shape and ready for activity, especially if their sports begin during the final summer months when the weather is warmest.

Why it's important:

Get up, get ready: Athletes who enter practice in shape begin steps ahead, literally, of those who must focus on conditioning before advancing to more sport-specific training.

fitness topics, including injury and heat illness prevention. Visit the MHSAA "Health and Safety" web page to learn more.

And remember ...

PLAY *doesn't* mean scheduling more team-oriented offseason practices. It *does* mean recreation and fun and keeping active so athletes are better prepared when that first day of practice begins.

"Acclimatization and summer preparation for practice conditions are key parts of our focus on making school sports as healthy as possible for students," MHSAA Executive Director Jack Roberts



Avoid injury: Toned athletes stand a better chance of avoiding injury once more intense practices begin.

Beat the heat: The least-physically fit athletes can be most susceptible to heat illness once official practices begin. Also, high intensity training in hot, humid environments without a period of acclimatization is a common cause of heat illness.

What you can do:

Get up, get active: Put down the video game controller; turn off the smart phone. Pick one of a near-endless list of activities that will get you moving and keep you fit as the summer months wear on.

Prep Rally: Gather your classmates for a fun activity unrelated to the sport your team plays, and then tell us about it to win a chance at MHSAA Finals tickets for you and your friends. See the MHSAA P-L-A-Y web page under "Students" for information on future contests.

Get informed: The MHSAA has gathered a variety of sources on health and

said. "Our first Prep Rally contest this summer was designed to promote the importance of staying active during the offseason. We were excited to see Michigan's creative student-athletes find fun ways to stay active and fit, and we look forward to showcasing their ideas so they can be shared by students all over Michigan."

Activities were not to be centered on the sport in which those athletes compete, but rather on something recreational and fun. Nor did they have to be team-centered; special consideration was given to those that include students from a variety of sports participating together.

The winning school was announced Aug. 19, and is featured on the next page.

Posters promoting year-round activity can be downloaded from the MHSAA P-L-A-Y web page.



Fenton Captures First Prep Rally Contest

As one of Michigan's top high school swimming sprinters, Fenton senior Gabbi Haaraoja no doubt was in strong shape to start this summer.

But she and her Tigers teammates made sure to prepare for their preseason "survival trip" in August with plenty of miles running and yards swimming a local lake.

All that training paid off during three days and two nights at Pigeon River Country State Forest near Vanderbilt as the team prepared for the first practice day of 2013 and a run at a 10th-consecutive league championship.

With that preparation, the Tigers kicked off the title quest by winning the MHSAA's inaugural Prep Rally, a contest that was part of the MHSAA PLAY (Preparation Lasts All Year) initiative to encourage athletes to remain active during the off-season so they are prepared physically and acclimated to warm weather when practice begins in the fall.



courtesy of Fenton HS

A hearty group of Fenton HS girls swimming and diving athletes prepped for a season in the water by hitting the land for a preseason "survival trip" en route to the inaugural MHSAA Prep Rally crown.

"Being out in nature, it's really pretty there. You appreciate it more," Haaraoja said, then adding some tongue-in-cheek. "It definitely was fun. But it was a lot more work than what we were used to. I think I'm actually glad I'm a senior."

Athletes from Grosse Pointe Woods University Liggett and Beal City also were finalists. Participating athletes from Fenton's girls swimming and diving team will receive tickets to an MHSAA Final of their choice, during which they will be recognized for their achievement.

Fenton has taken similar training trips heading into all 14 seasons under Coach Brad Jones. Others have included activities like canoeing and dune climbing. The last four years, the team journeyed to El Cortez Beach Resort in Oscoda for some time on Lake Huron together before practice began.

This season's seniors asked to do something new. And it was a new experience for many in more ways than one.

The team left Aug. 11 and returned home two days later in time for the first day of practice. Jones took north 24 athletes, and some had never camped or slept outside. Six seniors made their fourth preseason trip with the team – but for 12 freshmen, this was their first experience as high schoolers.

That demographic made this summer's trip especially important for bonding. But it also had a desired effect physically – both heading into this fall and in setting expectations for the future.

"We were very up front that in August we're taking this trip, and you need to be able to go 6-7 miles walking. We put that out there early on," Jones said. "We have pretty good girls doing what they're needing to do outside of (swimming) training. You don't put your backpack on and your hiking shoes on for the first time in August."

Haaraoja said the hikes made it obvious quickly who had prepped during the summer and who needed to catch up. Seniors rotated throughout the line of teammates, so those who began a hike leading the group finished at the back with those working harder to keep in step.

Once in the woods, Jones split his athletes into four teams for a series of challenges that included building their own fires, cooking their own meals (they didn't receive food until the fire was started) and breaking camp the next day. One trail ran past a small lake, and the athletes swam across it in a relay to earn more points. Another relay-type event involved filling buckets with water.

The challenge champions received ice cream.

"By the time we get home, everybody knows everybody else," Jones said. "Once we get into training, the top girls are in one lane and the beginners are in another. So there's not a lot of interaction. But this gives the whole team a chance to get to know each other."

— Geoff Kimmery
MHSAA Second Half Editor

Bring on 2013-14: Student Leadership Ready to Roll

The MHSAA gains valuable input during the school year from its Student Advisory Council, while providing leadership training to the 16-member group of seniors and juniors representing schools of all sizes from all over the state. In June, 13 current SAC members got a kick start to their upcoming duties with an overnight stay at Mystic Lake Camp near Farwell.

It was the third straight year the group convened for a summer session to meet one another and set goals for the coming school year.

Applications are closed for the Class of 2015, but students in the Class of 2016 can find information forms on the Student Advisory Council page of MHSAA.com. Selection for that class takes place in April 2014.



2013-14 Student Advisory Council. Front Row: Eliza Beird, Holland Black River; Emily Starck, Remus Chippewa Hills; Kiersten Mead, Saginaw Swan Valley; Madeleine Martindale, Lake Orion; Amanda Paull, Cheboygan; Caycee Turczyn, Lapeer West. Back Row: Jonathan Perry, McBain Northern Michigan Christian; Connor Thomas, Marlette; Emileigh Ferguson, Bear Lake; Coby Ryan, Manistique; Aaron Van Horn, Kingston; Zachary Nine, Pinconning; Grant Osborne, White Lake Lakeland. Not Pictured: Ryan Fischer, Grandville; Kristen Law, Bloomfield Hills Andover; Hayden Smith, Hamilton.

SAC Application Process

To be eligible for the committee, candidates must:

- Complete the official application, including the three short answer questions.
- Have a cumulative GPA of at least 3.0.
- Be available for all scheduled meetings, and possibly available for other commitments.
- Submit a letter of recommendation from an athletic director, principal or other school administrator stating why the candidate should be selected to the committee.

In addition, candidates should:

- Show a history of leadership on athletic teams as well as with other extracurricular activities, community service projects, or in the workplace.
- Show an understanding of the role of school sports, and have ideas for promoting a proper perspective for educational athletics.
- Applications for students in the graduating class of 2016 will be available this winter and due in mid April. Check back later for more information.

QUESTIONS? Contact Andy Frushour at the MHSAA – 517-332-5046 or afrushour@mhsaa.com.

SAC Belief Statement

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

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

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

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

SCHOLAR-ATHLETE AWARD APPLICATIONS

In 2013-14 we celebrate the 25th anniversary of the Farm Bureau Insurance sponsored MHSAA Scholar-Athlete Award. Throughout this school year we will celebrate the more than 600 past winners of this prestigious award. In 2013-14, 32 \$1,000 scholarships will again be awarded from a pool of the best and brightest high school seniors. Eligibility requirements and applications can be found at MHSAA.com on the “Students” page. Applications are due to the MHSAA on Dec. 6.

BATTLE OF THE FANS

The third annual MHSAA Battle of the Fans competition will take place again during the winter season. The contest, organized by the MHSAA Student Advisory Council, seeks to find the loudest, most organized, more fun and most positive student cheering section in the state. Students should begin filming their student sections this fall in preparation for the video deadline in early January. Buchanan HS is the defending champion, while Frankenmuth HS won in 2011-12. More details are available at <http://www.mhsaa.com/BOTF>.

STUDENT LEADERSHIP GRANTS

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

CAPTAINS CLINICS

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

Several clinics will take place in the coming year, and the MHSAA would love to come to your league. If you can get your entire league on board, guarantee 100-150 participants, and suggest a good location (preferably a school on a professional development day), the MHSAA will do the rest. The Association will coordinate the registration process, negotiate with facilities if necessary, provide the curriculum and supplies, work with the caterers and bring facilitators to the clinic.

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



MHSAA File Photo

The MHSAA Scholar-Athlete Award presentation each March is one of the highlights of the academic year.

The More Things Change . . .

The “MHSAA Vault” features stories from past publications and other correspondence in the MHSAA Library. This issue takes a look at how the mission of school sports has (or hasn’t) changed since 1955, when former MHSAA Executive Director Charles E. Forsythe presented this practicum to the University of Michigan.

Interscholastic Athletic Purposes and Problems

Presented by Charles E. Forsythe
Practicum in Physical Education
 University of Michigan, Ann Arbor
 Tuesday, June 21, 1955

I. WHY DO WE HAVE INTERSCHOLASTIC ATHLETICS IN OUR SCHOOLS?

1. To meet the urge for competition which is a basic American tradition – let’s keep it.
2. To provide a “whole school” interest and activity, bring in students other than athletes, enlist many student organizations.

“Awarding school letter to a student is the second-highest recognition his school can give him – his diploma at graduation is the highest.” — Charles E. Forsythe, 1955

3. To teach students habits of health, sanitation, and safety.
4. Athletics teach new skills and opportunities to improve those we have, this is basic educationally.
5. To provide opportunities for lasting friendships both with teammates and opponents.
6. To provide opportunity to exemplify and observe good sportsmanship which is good citizenship.
7. Athletics give students a chance to enjoy one of America’s greatest heritages, the right to play and compete.
8. One of the best ways to teach that a penalty follows the violation of a rule is through athletics.
9. There must be an early understanding by students that participation in athletics is a privilege which carries responsibilities with it. Awarding school letter to a student is the second-highest

recognition his school can give him – his diploma at graduation is the highest.

10. To consider interscholastic athletic squad as “advanced” classes for the teaching of special skills – similar to bands, orchestras, school play casts, members of debating teams, etc. There is no reason why a reasonable amount of attention should not be given to such groups – as well as to those in the middle and lower quartiles in our schools. Both leaders and followers must be taught.



II. BASIC PROBLEMS IN SECONDARY SCHOOL ATHLETIC PROGRAMS

1. There must be an equitable division of facilities and personnel between intramural and interscholastic athletics. Time, allotment, gymnasiums, and play fields, instructors, and student ratios are considerations.
2. The scope of sports activities to be sponsored by a school must be determined. This will vary with schools of different sizes. Only those activities should be included in which there will be: (a) Proper teaching and coaching; (b) Adequate equipment available; and (c) Satisfactory playing facilities. If definitely affirmative answers cannot be given in each of these three categories – the activity should not be sponsored by a school.



The greatest area of change in interscholastic athletics since the mid '50s has taken place in girls sports, where "playdays" and "festivals" were once the norm. The overriding mission of schools sports, however, remains much the same.

3. The length of schedules and frequency of contests must consider the participant and be justifiable educationally. Local, league, and state association standards can help in these matters.
4. Methods must be determined and fully understood for financing athletic programs. Is it sensible for boards of education to invest tax monies in facilities and personnel and then require that gate receipts must fully finance the interscholastic athletic programs?
5. The local school system must decide whether girls activities are to be included as a part of the school's interscholastic athletic program. In many states there are no interscholastic athletics for girls. In other states only the smaller schools have such programs. In some states there are state tournaments and meets in girls activities. Playdays and festivals are advocated.
6. Are junior high school athletics to be a part of the interscholastic athletic program? Philosophy of the junior high school is many and varied experiences for students rather than concentration on a few activities. Many educators believe this should apply to the athletic program in such schools.
7. Where is the responsibility for the interscholastic athletic program to be centered in a high school? Should coaching be limited to physical education instructors or may academic teachers also be coaches? What is the student-faculty relationship in the school organization that controls the interscholastic athletic program? Advocate a school athletic council; administrative responsibility centered in physical education department; coaches form any branch of the faculty if qualified.
8. The school must determine its policy in the care and payment of costs for injuries received by members of its athletic teams. Important that parents and athletes know this policy **before** injuries are received.
9. What authority is to be delegated to the athletic or physical education director coach, or faculty manager pertaining to contracts, eligibility, equipment schedules and officials? There must be a complete understanding in regard to the above between the individual or individuals concerned and the school administration.
10. A well-defined athletic policy must be in effect which has the approval and support of the board of education, the superintendent of schools, the high school principal, and the head of the athletic department in the school. This policy should be in printed form and be the result of united effort. It will be immeasurable aid in avoiding difficulties, resisting pressures, and keeping control of the athletic program in the school if constant reference is made to the athletic code of policy to which the school subscribes.
11. Membership of a high school in athletic or activities league or conference is highly recommended. Valuable because it allows small groups of schools collectively to face and meet problems and issues that individually would be difficult to solve. Growth of leagues has been tremendous in the last two decades.
12. Strong, well-administered state athletic or activity associations reflect good athletic programs in local schools. State athletic associations belong to the schools themselves – they are democratically administered by school officials. Schools should know their regulations, follow them, and support association executives in their enforcement.

Chrisinske, Inglis Honored with 2013 Bush Awards

Two athletic administrators respected as mentors and role models in their respective regions and throughout the state – **Dave Chrisinske** of Middleville Thornapple-Kellogg and **Cody Inglis** of Traverse City Central – have been named the recipients of the MHSAA's Allen W. Bush Award for 2013.

Al Bush served as executive director of the MHSAA for 10 years. The award honors individuals for past and continuing service to prep athletics as a coach, administrator, official, trainer, doctor or member of the media. The award was developed to bring recognition to men and women who are giving and serving without a lot of attention. This is the 22nd year of the award, with the selections being made by the MHSAA's Representative Council.

Chrisinske has served as an athletic director the last 21 years and for 36 years total in public and community education. He came to Thornapple-Kellogg in fall 2011 after 32 years with Allendale Public Schools, where he taught and coached before serving 19 years as athletic director and also as assistant principal and community education director. He has coached football, basketball, baseball and volleyball at school or youth levels, and also is a registered MHSAA volleyball official.

The 1972 graduate of Stockbridge High School also worked for Coopersville Community Education for two years after graduating with his bachelor's degree in group social studies from Grand Valley State University in 1977. He earned a master's degree in educational leadership from Grand Valley State in 1992 and became a Certified Athletic Administrator in 1997.

Chrisinske continues to lend his time and expertise to a number of committees and community efforts; he has served as a region representative for the Michigan Interscholastic Athletic Administrators Association for a decade, Chrisinske was recognized as the MIAAA Region IV Athletic Director of the year in 2004, and as Athletic Director of the Year by the West Michigan Officials Association in 2006 and West Michigan Umpires Association in 2011.

"Dave Chrisinske has become a go-to person in his league and community, always willing to share his knowledge and enthusiasm for high school athletics and serving student athletes," said Jack Roberts, executive director of the MHSAA. "His dedication shines through as well in his efforts with the MIAAA and as a frequent host of MHSAA tournaments. We are pleased to honor Dave Chrisinske with the Bush Award."

Inglis also has served as an athletic director at two high schools, dating to 1997. He spent 11



Dave Chrisinske



Cody Inglis

years at Suttons Bay, first as a teacher and also as assistant principal and middle school principal. He has spent the last five years as athletic director and assistant principal at Traverse City Central High School. Inglis is a 1989 graduate of Portage Northern High School and earned his bachelor's degree from Hope College and master's degree from Ohio University.

He coached boys and girls cross country and track and field at Suttons Bay from 1995-2008, leading his teams to numerous conference championships and the girls cross country team to a runner-up finish at the 2002 Lower Peninsula Division 4 Final. He was named Cross Country Coach of the Year after that season by the Michigan Interscholastic Track Coaches Association, and the MITCA Track Coach of the Year the following spring. He also served as an assistant coach for eight seasons for the Traverse City St. Francis-led cooperative hockey program.

Inglis has been a member of the MIAAA since 1997, became a Certified Athletic Administrator in 1999, and has served as an MIAAA region representative since 2001. He was named MIAAA Region 2 Athletic Director of the Year in 2003. Inglis was league treasurer and secretary for the Northwest Conference from 1997-2008 and has served as Big North Conference secretary since 2009.

He's also active in a number of community programs, including Boy Scouts, Big Brothers Big Sisters, Special Olympics, the Suttons Bay Township Recreation Committee, the Suttons Bay Art Festival and with his church.

"Cody Inglis is named time and again by his fellow athletic administrators as someone of integrity and character," Roberts said. "He's passed on these and various lessons to his coaches and athletes, but also as a regular speaker at the MIAAA's annual conference. His impact continues to affect those he works with regularly in the Traverse City area, but also others across our state. He is a deserving recipient of the Bush Award."

Michigan Sports Participation Holds Steady

For the fifth straight year, Michigan ranked seventh nationally in high school sports participation, according to statistics for the 2012-13 school year released recently by the National Federation of State High School Associations. That level of participation continued to best Michigan's national ranking for total number of residents of high school age, which fell one spot to ninth nationally in 2012.

Michigan's participation ranking was based on a number of 304,438, with 130,009 girls and 174,429 boys taking part, and included sports in which the MHSAA does not conduct postseason tournaments. The totals count students once for each sport in which he or she participates, mean-

diving up to seventh. Improving one position in national rank were boys bowling to second, boys cross country to eighth, boys ice hockey to third, boys lacrosse to seventh and boys soccer to eighth. Only one boys sport moved down in national rank – wrestling from fifth to sixth-most participants. Baseball (seventh), 11-player football (fifth), 8-player football (14th), boys golf (sixth), boys skiing (fourth), boys tennis (fifth) and boys track and field (sixth) held constant with 2011-12.

- Girls cross country also jumped up two spots on its national ranking list, from seventh to fifth in 2012-13. However, six girls sports moved

down their respective lists: girls basketball



Participation in boys swimming & diving moved up two spots nationally for the 2012-13 season.

ing students who are multiple-sport athletes are counted more than once.

Michigan girls participation remained seventh nationally for the second consecutive year, while the boys participation figure continued to rank sixth. According to the latest U.S. Census Bureau figures from 2012, Michigan ranks ninth in both females and males ages 14 through 17 after ranking eighth for both in 2011.

Eight sports – including seven played by boys – moved up in their respective rankings, while seven sports moved down their lists. Total, Michigan ranked ninth or higher nationally in participation in 26 of the 28 sports in which the MHSAA conducts a postseason tournament (not counting separately 8-player football).

- Basketball and boys swimming and diving led the improvement among boys sports, both moving up two spots – boys basketball to fourth-most participants nationally and swimming and

from sixth to seventh, girls golf from fifth to sixth, girls lacrosse from 12th to 13th, girls soccer from eighth to ninth, girls swimming and diving also eighth to ninth and girls tennis from third to fourth. Girls bowling (fourth), competitive cheer (fifth), gymnastics (12th), girls skiing (fourth), softball (seventh), girls track and field (seventh) and volleyball (fourth) repeated their 2011-12 national rankings.

National participation in high school sports in 2012-13 set a new record for the 24th consecutive year with 7,713,577 students – an increase of 21,057 from the year before – taking part.

Girls participation also set a record for the 24th straight year, increasing this time 15,190 participants to 3,222,723 total. Boys participation bounced back from its 2011-12 decrease, the first in two decades, increasing by 5,867 participants in 2012-13 for a total of 4,490,854 – the second-highest total on record for boys national participation.

Complete 2012-13 Participation Numbers





April Martin aspires to move up the college basketball officiating ladder. Receiving an NCAA Tournament assignment someday is a dream. So she spent the first half of “Officiate Michigan Day” at DeVos Place in Grand Rapids on July 27 receiving tips and learning what it takes to get to the top from two of the most respected referees in her field – NBA Finals veterans Joe Crawford and Bill Kennedy.

Crawford and Kennedy were two of more than 40 officials representing the professional, college and high school levels who passed on their expertise to Martin and a total of 1,248 officials who attended Saturday’s event, believed to be one of the largest gatherings of sports officials in U.S. history.

Officiate Michigan Day was a cooperative effort by the National Association of Sports Officials and the Michigan High School Athletic Association in advance of the NASO annual summit, a three-day event which kicked off a day later in Grand Rapids.

“It’s just a great day to be a Michigan official,” said Martin, a 1997 Detroit Renaissance grad who currently officiates at the high school, junior college, NAIA and NCAA Division III levels. “Seeing your family – your officiating family – it was great seeing everyone here just knowing that everyone is trying to get something out of this day.”

Officials from all corners of both peninsulas received the opportunity to learn and interact on a variety of topics and with a variety of officials regarded among the best in their respective fields in Michigan and, in some cases, nationally.

Joining Crawford and Kennedy among the best-known instructors and speakers were NCAA National Coordinator of Volleyball Officials Joan Powell; National Hockey League Senior Vice President and Director of Officiating Terry Gregson and official Dan O’Halloran; and National Football League officials Perry Paganelli, Carl Paganelli Jr. and Dino Paganelli.

All three Paganellis have officiated Super Bowls, and O’Halloran was coming off working his fourth straight Stanley Cup Final. Crawford and Kennedy both officiated during the recent NBA Finals, and Powell also served as team leader of the U.S. women’s national volleyball team that won the silver medal at the 2008 Olympics.

MHSAA Executive Director Jack Roberts and Barry Mano, founder and president of NASO, gave the opening address to a packed DeVos Center ballroom. Four-time Super Bowl official Jerry Markbreit addressed the entire group to close the afternoon.

“I hope you appreciate what you’ve got here today,” said Bill Topp, vice president of publishing and management services for NASO and *Referee* magazine, during a presentation at the event. “It’s not just about the volume of people. It’s the types of people you have here and the interaction that’s going on and the fact that you’ve got sports talking to each other where they normally don’t talk.”

Martin learned, and also taught. She sat on the “Officiating 101” panel that discussed issues for new officials, one of 13 lunchtime workshops on a wide array of topics.

Marquette’s Mark Petrie was one of a small group of officials who made the trip from the Upper Peninsula, and he spent his lunch hour listening to a round table discussion on “Making Good Associations Great.” Petrie is the trainer for volleyball for the Upper Peninsula Officials Association.

“It’s an opportunity to get together with fellow officials, but more importantly an opportunity to learn and grow,” Petrie said. “The day any of us thinks we know everything is the day we should retire.”

Commonality was a theme throughout the inaugural Michigan day, with presenters sharing mechanics and strategies that apply to every level of officiating.

“This is pretty unique in that we have this many officials, both men and women, coming together in one place. We have a common theme to improve officiating and to make it consistent at the high school level,” said DeWitt’s Mike Brya, a high school official since 1995, and current NCAA men’s basketball official.

NASO reported on its website that only Georgia’s officiating day in 2011, with 1,600 participants, has outdrawn Michigan for a similar event.

— Geoff Kimmerly
MHSAA Second Half Editor

Officiate Michigan Day Photo Gallery

2013 Norris Award to Tom Minter

Okemos' Tom Minter, an official for nine MHSAA Finals and longtime clinician and trainer of referees and umpires all over the state, received the MHSAA's Vern L. Norris Award for 2013 at the Officials' Awards & Alumni Banquet on May 4 in East Lansing.

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

Minter is in his 49th year as an MHSAA-registered official and has worked games in football, boys and girls basketball, boys and girls soccer and baseball. He also served on the MHSAA staff as assistant to Executive Director Jack Roberts from September 1995 until retiring at the end of January 2012.

While the desire to remain part of the games after his playing career ended led to Minter's early involvement, the opportunity to pass on what he's learned keeps him immersed in the officiating community. He continues to work soccer, football and basketball games, while also providing mentorship at clinics all over the state.

"Hopefully now I'm able to pass some of this on and to encourage, provide the listening ear like people provided to me in the past," Minter said. "It's created in me a sense of legacy. To be in the company of people like Vern Norris and Dick Kalahar and all the other winners, it's just the recognition that you've made a contribution. That is so satisfying."

Minter began his officiating career while a student at a U.S. Air Force base high school overseas. A native of Akron, Ohio, he moved with his family to Scotland in 1958 and refereed his first high school soccer game in 1961. After also officiating for a year in Ohio, Minter began officiating in Michigan while a student at Jackson Community College. He worked five baseball MHSAA Finals, two football and one each in boys and girls soccer before joining the MHSAA staff in 1995.

Among many contributions as an MHSAA employee, Minter was assistant director in charge of boys and girls soccer and oversaw construction of the MHSAA's home office, which opened in December 1996.

"Tom Minter continues to help with capital improvement projects at the MHSAA office, and he continues to represent the National Federation (NFHS) Officials Association on its Sports Medicine Advisory Committee," Roberts said. "His many contributions to high school athletics, and especially officiating, continue to be far-reaching."



John Johnson, Okemos

Norris Award History
and Nomination Form



Officials for Kids Going Strong

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

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

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



Rules of the Games

Sharpen your skills with the following rules questions/case plays for volleyball, soccer and football. Answers appear in red on the next page.

Volleyball

- The first referee whistles for serve but before the serve is contacted, an errant ball enters the court. R1 whistles to stop the server from serving. Before the R1 can re-authorize the serve, the Team R coach wants to sub. R1 does not allow.
 - Incorrect procedure
 - R2 allows the sub
 - Correct procedure
 - None of the above
- After a server has been verbally warned, she deliberately serves before the first referee's signal to begin serve:
 - Delay of set is called
 - Unsporting conduct is signaled
 - Both unsporting conduct and delay are called
 - None are correct
- During the follow-through after attacking the ball, a player contacts the mesh in the middle of the net. What is the call by the referee?
 - Contact with the net only during an action of playing the ball is considered a fault
 - Any contact with the net is considered a fault when the ball is in play
 - The net contact is not considered part of the playing action – therefore no fault
 - The ball crossed the net and play continues
- After a head coach receives a yellow card, he/she:
 - Shall remain seated during play for the rest of the match
 - May continue to stand when receiving only a warning
 - Must sit at the end of the bench
 - May allow an assistant coach to stand



Hockey Weeklay Action Photos

Football

- Third and goal from B's 14 yard line. A3 drops back to pass and throws into the end zone where B7 commits a pass interference foul. After proper administration of the penalty, A will next face:
 - First down and goal from the 7 yard line.
 - Third down and goal from the 7 yard line.
 - First down and goal from the 2 yard line.
 - First down and goal from the 1 yard line.
- B54's helmet comes completely off while trying to legally tackle runner A32, who continues running after breaking free from B54's grasp. After disengaging, B54 puts his helmet back on, then resumes his pursuit of runner A32. B54 is then contacted (blocked) by A76.
 - No foul by either team since the ball carrier's helmet did not come off; play stands.
 - Foul for illegal participation by B54 and foul for illegal personal contact by A76; fouls offset, replay the down. B54 must leave the game for one play.
 - Foul for illegal participation by B54; there is no foul against A76 as officials should assume he was not aware that B54's helmet had come off earlier during the play. B54 must leave the game for one play.
 - None of the above.
- B54's helmet comes completely off while trying to legally tackle runner A32, who continues running after breaking free from B54's grasp. After disengaging, B54 resumes his pursuit of runner A32 without a helmet. Helmetless B54 is then contacted (blocked) by A76 as the runner continues down the field.
 - No foul by either team since the ball carrier's helmet did not come off; play stands.
 - Foul for illegal participation by B54 and foul for illegal personal contact by A76; fouls offset, replay the down. B54 must leave the game for one play.
 - Foul for illegal participation by B54; there is no foul against A76. B54 must leave the game for one play.
 - None of the above

Soccer

- During inspection of the field, the referees note that there is no spot or other suitable mark in the center of the field.
 - This is not permitted and the game may not begin until a suitable mark is made.
 - This is not permitted but the game may begin without it. The referee should notify the home team to correct the situation for future games.
 - This is permitted.
 - This is not permitted and the referees should create a mark before the game begins.
- B7 is injured and is required to leave the field) Team B has no available substitutes and, therefore, must play short. Two minutes later, B7 has recovered from his injury and his coach has sent him to report in.
 - B7 may enter the game at the next legal substitution opportunity for his team.
 - B7 may enter the game at the next stoppage of play.
 - B7 may enter the game during the run of play.
 - B7 may not enter the game until he has been cleared by a doctor in writing.
- B17 is being replaced on a legal substitution opportunity for his team.
 - B17 is considered to still be a player until he leaves the field of play.
 - B17 is considered to still be a player until his replacement, B12, is beckoned onto the field by the referee.
 - B17 is considered to still be a player until his replacement, B12, steps onto the field.
 - B17 is considered to still be a player until he has left the field and the game has been restarted.
- After Team A scores a goal, the assistant referee hears the Team A head coach calling one of his players, A15, off the field. The assistant referee counts the Team A players now on the field and realizes that Team A had 12 players on the field when the goal was scored. The assistant referee notifies the referee of this. The referee should:
 - Allow the goal, caution A15 and restart with a kickoff by Team B)
 - Allow the goal and restart with a kickoff by Team B, with no caution to A15.
 - Disallow the goal, caution A15 and restart with a kickoff by Team B.
 - Disallow the goal, caution A15 and restart with a goal kick taken by Team B.
 - Disallow the goal, restart with a goal kick taken by Team B with no caution to A15.



High School Sports Scene

Football - continued

- During the try for point, A16 pushes off from the defender and catches the pass in the end zone. The back judge properly rules offensive pass interference. Which of the following statements is true?
 - If Team B accepts the penalty, the try is no good and Team A does not get to replay the down.
 - If Team B accepts the penalty, the try is no good but Team A gets to replay the down. Snap the ball for the try from the 15 yard line (spot foul).
 - If Team B accepts the penalty, the try is no good but Team A gets to replay the down. Snap the ball for the try from the 18 yard line (previous spot foul).
 - None of the above.

Volleyball Answers: 1. c. (8-1-6); 2. b. (12-2-9h); 3. b. (9-6-7a); 4. a. (12-2-6)

Soccer Answers: 1. a. (1-2-4 Situation); 2. b. (3-3-7); 3. b. (18-1-1c); 4. d. (3-1-1 Situation B & 12-8-1)

Football Answers: 1. b. (7-5-10); 2. c. (9-6-4g); 3. b. (9-4-3l; 9-4-3l); 4. c. (7-5-10)

Michigan Concussion Laws and the MHSAA

PUBLIC ACTS 342 AND 343 (2012)

The law mandates that the Michigan Department of Community Health (MDCH) establish a concussion awareness website for youth sports sponsoring organizations (including schools) with educational material in non-MHSAA sports activities including physical education, intramurals, out-of-season activities, as well as out-of-season camps or clinics.

- Adult coaches must complete a one-time designated online concussion awareness course and the sponsoring organization maintain a record of completion.
- Students and parents must review concussion material and the organization maintain an acknowledgement of this material until age 18 or the student discontinues the activity.
- Participants with a suspected concussion must be withheld from activity and evaluated by an appropriate health care provider and not be returned to activity until written approval is provided by an appropriate health care provider. For MHSAA practices and competition, an MD or DO must provide written return to play. See MHSAA Concussion Protocol on MHSAA.com.

The MDCH Website is accessible through MHSAA.com Health & Safety Page or directly at michigan.gov/sportsconcussion.

The above laws became effective June 30, 2013, requiring all levels of schools and youth sports organizations to educate, train and collect forms for **non-MHSAA** activities including physical education classes, intramural and out-of-season camps or clinics. You may wish to share this information with others in your school district and youth sports groups in your community.

It should be understood that for MHSAA sports, the existing rules meeting completion requirement and concussion removal and return-to-play protocols, first begun in 2010, remain in effect. This includes that each school shall designate the person who shall evaluate suspected concussions. If a student is withheld from competition due to a suspected concussion, he or she may not return at all on that day and only on a subsequent day with the written clearance of **an MD or DO**. This is more stringent than the new law and must be followed for MHSAA competition and practices. Not adhering to this protocol results in ineligibility of the student and forfeiture of contests.

Compliance with other respects of the new concussion law is accomplished through a website of the Michigan Department of Community Health (MDCH) michigan.gov/sportsconcussion.

Following is a brief summary of what the new law is requiring youth sports organizations and schools to do for **non-MHSAA sport activities** such as physical education, intramurals and out-of-season or summer camps and clinics:

1. Adults (coaches and teachers) must complete a free online training course. There are two options on the MDCH website, one through the Centers for Disease Control (CDC.gov) and one through the National Federation of State High School Associations (NFHS.org). These courses are the only options to fulfill the adult training requirement unless attorneys for a school or organizing entity attest that their content has met the criteria of the law and accept liability. Schools should collect and file the certificate of completion for each adult.



2. Sponsoring organizations must provide educational training materials to students and parents and collect and maintain their signed statement of receipt of that information for the duration of the student's involvement with the organization, or age 18. The MDCH website's educational material is found under "Information for Parents & Athletes." The content of this material may not be altered, but it may be reformatted. The website also links to an "Acknowledgement Form" (under Popular Documents and Links). This form can be used as the signed statement, or the sponsoring organization may create its own form provided the content is similar. Some schools are including concussion information and signed statements with school registration and handbook materials, at first for all students and in subsequent years for new students.
3. Sponsoring organizations must follow the same concussion protocols for **non-MHSAA** events as is currently done for MHSAA sports when a student is suspected of a concussion. Sit them out, find out and do not allow them to return to practice or competition until cleared in writing. The new law requires sponsoring organizations to maintain a copy of any written clearance until the student is 18 years of age.

This is not intended to be legal advice. Schools should review the website and contact their own attorneys if they so choose. This is a summary to assist schools this spring so they are in compliance for activities beginning this summer and moving into the 2013-14 school year and beyond.

Concussion Clarity – Answering Your Questions

Public Acts 342 and 343 have given more than a few school and youth sport program administrators headaches as attempts are made to comply with the new concussion awareness requirements which became law on June 30, 2013. Schools and youth groups must provide educational training materials to students and parents and collect and maintain a signed statement of receipt of that information for the duration of the student's involvement with the organization or age 18.

Because the MHSAA had a more stringent protocol in place than the new law that involved forfeiture of contests if a possibly concussed student returned without written authorization from an MD or DO, the laws did not apply to MHSAA member schools in **interscholastic** activities. There are, however, many other athletic activities happening in a school that are covered by the law. The following may clarify some concussion awareness law issues for MHSAA member schools – based on uncounted inquiries to the MHSAA and good communication with the Michigan Department of Community Health.

1. The law applies to adults and students in physical education classes and non-MHSAA activities including out-of-season camps, clinics and conditioning.
2. Adults (coaches and teachers –paid or volunteer) must complete an online concussion training course and the school must hold documentation that this has been completed. There are two options on the MDCH Website that the MDCH has identified as meeting the criteria of the law: Center for Disease Control (CDC.gov) and National Federation of State High School Associations (NFHS.org). These online courses are the only options to fulfill the adult training requirement unless the attorneys for a school or organizing entity attest that their content has met the criteria of the law and accept liability.
3. Completing an MHSAA rules meeting only meets the requirement for a head coach to coach in the MHSAA tournament – it **does not fulfill** the concussion law training mandate for activities outside the MHSAA sports season.
4. A school or organizing entity may hold a group meeting of several staff, show one of the approved online concussion courses, record and vouch for completion of the test at the end of the course, and then collect individual documentation that the course was completed.
5. A school may hold a meeting of students and parents and then distribute and collect the educational material and acknowledgement forms.
6. The law applies to students K-12. Because almost every student is subject to the law, many schools implement the two main elements of the law to **all** students and staff **now**, and then in subsequent years to **new** students and staff. Many schools include the student-parent educational material in their school handbooks now and then for new students in the years ahead. MHSAA.com, Health and Safety, has an acceptable Microsoft Word document with the educational material schools can adapt for this purpose.

Officials Ratings

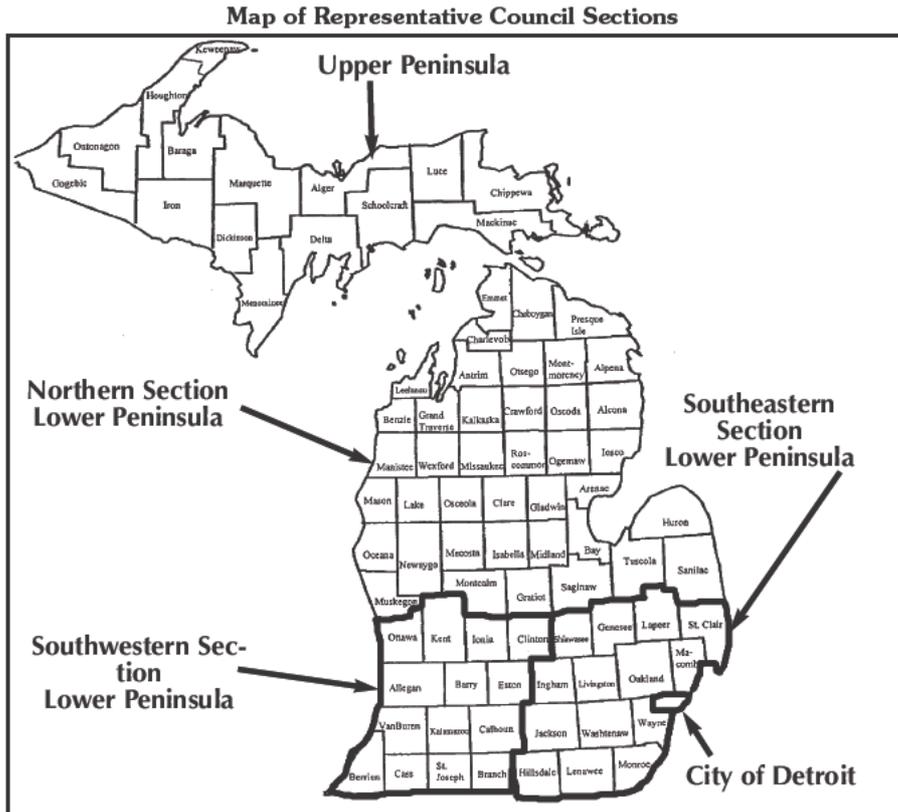
Schools are responsible for rating officials who officiate contests involving their teams in sports for which officials' ratings are maintained. Schools which fail to rate any officials during the season shall be subject to the penalties outlined under *MHSAA Handbook* Regulation V, Section 4. The school principal or athletic director shall verify that the ratings submitted are truthful and accurate, have met with the approval of the appropriate school administrator and are submitted on the school's behalf.

All Ratings are to be submitted online at MHSAA.com.

FALL DEADLINE: Dec. 1 WINTER DEADLINE: April 1 SPRING DEADLINE: June 1

The Only Official Interpretations are Those Received in Writing

Representative Council and Upper Peninsula Athletic Committee Elections



Ballots for Representative Council elections were mailed to principals of member schools from the MHSAA office Aug. 30, 2013. The ballots were due back in the MHSAA office Sept. 20, 2013.

Six positions for membership on the Representative Council are up for election this fall. Vacancies for two-year terms beginning December 2013 will occur as follows: Class C-D Southwestern Section L.P. and Southeastern Section L.P.; Class A-B Upper Peninsula; Statewide At-Large; Junior High/Middle School, elected on a statewide basis; and Detroit Public Schools.

In addition to the above named Representative Council positions, there are three Upper Peninsula Athletic Committee positions to be voted in September. A representative of the Class D schools, C schools and A-B schools will be elected by the principals of the Upper Peninsula schools.

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

Following the due date of Sept. 20, 2013, the Board of Canvassers as provided in Article IV of the Constitution of the Michigan High School Athletic Association, will meet and declare the winners for the various vacancies.

In accordance with the approved nomination and election procedures, listed candidates submitted their desire to run for a position by March 15, 2013. They included an approval to serve from their respective Superintendent or Principal and certified their qualifications to run for the office which they seek. No write-ins are possible because each candidate must be approved by March 15 in order to run for a position on the Representative Council.

On the next page are the declared candidates and the vacancies which will occur in December 2013.

MHSAA Representative Council

Dave Derocher**

Athletic Director
Reese High School
Class C-D — Northern Lower Peninsula

James Derocher**, President

Superintendent
Negaunee Public Schools
Class C-D — Upper Peninsula

Ken Dietz*

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

Scott Grimes**, Vice President

Assistant Superintendent of Human Services
Grand Haven Public Schools
Statewide At-Large

Kyle Guerrant (ex-officio)

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

Kris Isom*

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

Carmen Kennedy**

Principal
St. Clair Shores South Lake High School
Appointee

Maureen Klocke*

Athletic Director
Yale Public Schools
Appointee

Karen Leinaar*

Athletic Director
Bear Lake High School
Statewide At-Large

Jason Mellema*

Superintendent
Pewamo-Westphalia Schools
Junior High/Middle Schools

Orlando Medina**

Athletic Director
L'Anse Creuse High School
Appointee

Vic Michaels**, Secretary-Treasurer

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

Steve Newkirk**

Principal
Clare Middle School
Junior High/Middle Schools

Peter C. Ryan**

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

Fred Smith**

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

Paula Steele*

Principal
Perry High School
Appointee

John Thompson**

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

Al Unger*

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

Alvin Ward*

Administrator of Athletics
Detroit Public Schools
City of Detroit

*Term Expires December 2013

**Term Expires December 2014

REPRESENTATIVE COUNCIL CANDIDATES FOR SEPTEMBER 2013

Southwestern Section, Lower Peninsula -- Class C and D Schools

- Ken Dietz, Athletic Director, Watervliet High School
- Chris Miller, Athletic Director/Dean of Students, Gobles High School
- John Norton, Athletic Director/Assistant Principal, Bridgman High School

Southeastern Section, Lower Peninsula -- Class C and D Schools

- Kristen M. Isom, Athletic Director, Adrian-Madison High School

Upper Peninsula -- Class A and B Schools

- Al Unger, Athletic Director, Kingsford High School

Statewide At-Large

- Karen S. Leinaar, CAA, Athletic Director, Bear Lake Schools

Junior High/Middle Schools

- Don Gustafson, Superintendent, St. Ignace Area Schools
- Jason Mellema, Superintendent, Pewamo-Westphalia Community Schools

- Steve Muenzer, Teacher/Football & Basketball Coach, Fenton-Lake Fenton Middle School
- Kevin O'Rourke, Athletic Director, Rockford-North and East Middle Schools
- Don Watchowski, Athletic Director/Assistant Principal, Ortonville-Brandon School District

Detroit Public Schools

- Alvin Ward, Executive Director of Athletics, Detroit Public Schools

UPPER PENINSULA ATHLETIC COMMITTEE

Class D Schools

- Gary Brayak, Athletic Director, Rock-Mid Peninsula High School
- Dave Duncan, Athletic Director, Cedarville High School
- Jeff Markham, Athletic Director, Baraga Area Schools

Class C Schools

- Chris Hartman, Athletic Director, Iron Mountain Public Schools
- Sean Jacques, Athletic Director, Calumet High School

Class A and B Schools

- Matthew C. Houle, Athletic Director, Gladstone High School

Failure to Rate Officials

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

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

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

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

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

Following are schools failing to rate officials for the 2012-13 school year.

Failure to Rate Officials - Fall 2012

Football

Bridgeport
 Detroit-Cesar Chavez Academy
 Detroit-Mumford
 Detroit Westside Christian
 Grand Rapids-Creston
 Kingsley
 Muskegon Heights PSA
 Port Huron
 Port Huron Northern
 Saginaw Nouvel
 Sterling Heights

Girls Volleyball

Auburn Hills Christian
 Coldwater-Pansophia
 Detroit-Mumford
 Detroit-Plymouth Educational
 Detroit University Prep Detroit
 Westside Christian
 Grand Rapids-Creston
 Greenville-Grattan Academic
 Lawton
 Manistee Catholic Central
 Northport

Boys Soccer

Croswell-Lexington
 Grand Rapids-West Catholic
 Hamtramck-Frontier Int.
 Kalkaska
 Munising Baptist
 Parchment
 Royal Oak-Shrine Catholic
 Tecumseh

Failure to Rate Officials - Winter 2013

Boys Basketball

Dearborn-Riverside Academy
 Flint Northwestern
 Inkster
 Port Huron Northern
 Swartz Creek-Genesee Acad.

Lansing-New Coven

Muskegon-Way Point Academy
 Port Huron Northern
 Swartz Creek-Genesee Acad.
 Vanderbilt
 Warren-Michigan Collegiate

Ice Hockey

Highland-Milford

Girls Basketball

Birch Run
 Camden-Frontier
 Grand Marais-Burt Township
 Harper Woods-HEART

Girls Competitive Cheer

Armada
 Muskegon—Reeths-Puffer
 Port Huron Northern
 White Lake-Lakeland

Wrestling

Cheboygan
 Flint-Beecher
 Lawrence
 Linden-Lake Fenton
 Mt. Clemens
 Saginaw

Failure to Rate Officials - Spring 2013

Baseball

Constantine
 Detroit-Cass Technical
 Detroit-Henry Ford
 Ferndale
 Fowlerville
 Galesburg-Augusta
 Grand Rapids-Creston
 Inkster
 Melvindale ABT
 Mt. Clemens
 Pickford
 Pontiac Academy/Excellence
 Port Hope
 Saline-Washtenaw Christian
 Stephenson
 Taylor-Trillium Academy

Boys Lacrosse

Birmingham-Seaholm
 Royal Oak

Girls Lacrosse

Flushing
 South Lyon

Girls Soccer

Albion
 Ann Arbor-Rudolf Steiner
 Detroit-Mumford
 Fowlerville
 Grand Rapids-Creston
 Grass Lake
 Holt Lutheran
 Taylor-Baptist Park Christian
 Williamston

Girls Softball

Bellevue
 Dearborn-Advanced Tech
 Detroit-Cass Technical
 Detroit-DEPSA Early College
 Detroit-Mumford
 Harper Woods
 Harper Woods-Chandler Park
 Melvindale ABT
 Mt. Morris EAJ
 Plainwell
 Pontiac
 Pontiac Academy/Excellence
 Saginaw-Buena Vista
 Stephenson
 Warren-Michigan Collegiate
 Wayne Memorial

2012-13 Officials Reports Listing

(High Schools that received 3 or more negative Reports)

In accordance with the May 1996 Representative Council adoption of the “Comprehensive Sportsmanship Package” the names of schools that received three or more “concern” or “ejection” Officials Reports in the school year are listed in this report.

Royal Oak	17	Troy Athens	6	Fraser	4
Ann Arbor Pioneer	14	Walled Lake Northern	6	Galesburg-Augusta	4
Allen Park	13	Warren Mott	6	Garden City	4
Melvindale	13	Waterford Mott	6	Grand Haven	4
Dearborn Heights Crestwood	12	West Bloomfield	6	Grand Rapids Union	4
Grand Rapids Creston	11	Alma	5	Grosse Pointe Woods U Liggett	4
Holt	10	Alpena	5	Harbor Springs	4
Tecumseh	10	Battle Creek Central	5	Harrison Twp L'Anse Creuse	4
White Lake Lakeland	10	Cadillac	5	Haslett	4
Brownstown Woodhaven	9	Caledonia	5	Howell	4
Waterford Kettering	9	Cheboygan	5	Jackson	4
Westland John Glenn	9	Dearborn Heights Annapolis	5	Kalamazoo Loy Norrix	4
Davison	8	East Kentwood	5	Lainburg	4
East Grand Rapids	8	Flint Northwestern	5	Lake Odessa Lakewood	4
Grosse Ile	8	Flushing	5	Livonia Franklin	4
Hartland	8	Gaylord	5	Madison Heights Lamphere	4
Onaway	8	Grosse Pointe South	5	Maristee	4
Rochester	8	Lake Orion	5	Marquette	4
Romeo	8	Lansing Eastern	5	Marshall	4
Sturgis	8	Lincoln Park	5	Monroe St Mary CC	4
Trenton	8	Livonia Churchill	5	Muskegon	4
Walled Lake Western	8	Macomb Dakota	5	Muskegon Orchard View	4
Bay City Central	7	Macomb L'Anse Creuse North	5	New Buffalo	4
Clarkston	7	Marysville	5	Niles Brandywine	4
Clinton Twp Chippewa Valley	7	Monroe	5	North Branch	4
Gladwin	7	Mt Clemens	5	Parchment	4
Goodrich	7	Negaunee	5	Plainwell	4
Grandville	7	New Baltimore Anchor Bay	5	Richmond	4
Grosse Pointe North	7	Novi	5	Sault Ste Marie	4
Jenison	7	Ortonville-Brandon	5	Sterling Heights Stevenson	4
Lansing Everett	7	Oxford	5	Utica Ford	4
Muskegon Mona Shores	7	Plymouth	5	Walled Lake Central	4
Northville	7	Riverview	5	Wyandotte Roosevelt	4
Port Huron	7	Rochester Hills Stoney Creek	5	Ypsilanti Lincoln	4
White Pigeon	7	Rockford	5	Adrian	3
Ann Arbor Skyline	6	Roseville	5	Ann Arbor Huron	3
Auburn Hills Avondale	6	Salem	5	Atlanta	3
Birmingham Brother Rice	6	Swartz Creek	5	Benton Harbor	3
Dexter	6	Warren DeLaSalle	5	Berkley	3
Genesee	6	Ada Forest Hills Eastern	4	Big Rapids	3
Gibraltar Carlson	6	Belleville	4	Birmingham Groves	3
Grand Rapids Kenowa Hills	6	Birch Run	4	Bloomfield Hills Lahser	3
Grand Rapids West Catholic	6	Birmingham Seaholm	4	Clinton Township Clintondale	3
Hudsonville	6	Canton	4	Dearborn Edsel Ford	3
Lowell	6	Carleton Airport	4	Dearborn Fordson	3
Mattawan	6	Caseville	4	Detroit U-D Jesuit	3
Milford	6	Cassopolis Ross Beatty	4	Fennville	3
Muskegon Heights PS Acad	6	Chelsea	4	Ferndale	3
Pinckney	6	Clio	4	Flint Southwestern	3
Portage Northern	6	Detroit Catholic Central	4	Grand Ledge	3
Taylor Truman	6	East Lansing	4	Grand Rapids Northview	3
Traverse City West	6	Farmington	4	Greenville	3
Troy	6	Flint Kearsley	4	Hastings	3

– continued next page

2012-13 Officials Reports Listing *(continued)*

Holland	3	Morley Stanwood	3	South Lyon	3
Holland West Ottawa	3	New Boston Huron	3	Southfield-Lathrup	3
Howard City Tri-County	3	North Farmington	3	St Clair	3
Kent City	3	North Muskegon	3	St Clair Shores Lakeview	3
Kingsford	3	Ogemaw Heights	3	St Joseph	3
Lansing Catholic	3	Okemos	3	Taylor Kennedy	3
Lansing Sexton	3	Orchard Lake St Mary's	3	Vestaburg	3
Lansing Waverly	3	Otisville Lakeville Memorial	3	Vicksburg	3
Lapeer West	3	Pewamo-Westphalia	3	Warren Cousino	3
Maple City Glen Lake	3	Port Huron Northern	3	Whitehall	3
Middleville Thornapple-Kellogg	3	Portage Central	3	Williamston	3
Midland	3	Redford Thurston	3	Zeeland East	3
Midland Dow	3	Riverview Gabriel Richard	3		
Montague	3	Rochester Adams	3		
Montrose Hill-McCloy	3	Royal Oak Shrine Catholic	3		

2012-13 Officials Reports Summary

CODE: P = Player C = Coach O = Other

Sport	Concern	Praise	P-Eject	C-Eject	O-Eject	Sportsmanship
Baseball	130	13	69	49	2	10
Boys Basketball	149	16	82	38	5	24
Boys Lacrosse	46	2	41	3	1	1
Boys Soccer	278	9	230	25	4	19
Boys Track	4	0	2	0	0	2
Competitive Cheer	1	0	0	0	0	1
Football	232	70	179	19	2	32
Girls Basketball	68	13	30	18	4	16
Girls Lacrosse	9	0	5	3	0	1
Ice Hockey	294	6	280	5	1	8
Softball	25	1	2	17	2	4
Girls Soccer	53	3	33	11	2	7
Volleyball	15	5	0	4	0	11
Wrestling	41	3	34	3	2	2

Reports of Concern	Distribution of Reports	
	No. of Schools	No. of Schools
1	158	94
2	98	16
3	61	2
4	48	1
5	34	1
6	23	
7	13	
8	10	
9	3	
10	3	
11	1	
12	1	
13	2	
14	1	
17	1	

Teams Practicing Out-of-State Required to Submit Out-of-State Travel Form

The tradition of taking a team on a “spring trip” for practice only is a separate issue from sanctioning a competition. Any school which conducts practice sessions out of state at a site more than 600 miles round-trip must submit to the MHSAA office a Travel Form for Out-of-State Practice at least 30 days in advance of departure. This does not allow schools to compete in a scrimmage, practice or competition with a team from another school.

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

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

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

MHSAA catastrophic insurance does not cover such events.

The form can be found on the MHSAA Website. Pursuant to action of the Representative Council in May 2003, all schools which complete this form will be listed in *benchmarks* at the end of the school year.

A list of schools which completed the form in 2012-13 appears below.

Schools Submitting Out-of-State Travel Forms for 2012-13

None	FALL	Holland West Ottawa Hudsonville Lawrence	Hemlock Holland-West Ottawa Holt
	WINTER	Marshall Mt. Pleasant Sacred Heart Otsego	Hudsonville Lake Odessa-Lakewood Muskegon-Reeths Puffer
	Boys Swimming & Diving	Portland Saginaw Swan Valley	Portland Saginaw Swan Valley
Brighton	SPRING	Saline Sand Creek St. Johns	Saline Southfield Christian University Liggett School
	Baseball	Stevensville-Lakeshore Vermontville-Maple Valley	Wyoming Boys Golf
	Adrian	Yale	Hamilton
	Benzie Central	Zeeland East	Southfield Christian
	Brighton	Softball	Boys Lacrosse
	Canton-Salem	Alma	Bloomfield Hills Andover/Lahser
	Coldwater	Anchor Bay	BH Cranbrook-Kingswood
	Cranbrook Kingswood	Belding	Girls Soccer
	DeWitt	Brighton	Saline
	East Kentwood	Chelsea	Girls Tennis
	Essexville Garber	Davison	Allegan
	Grand Ledge	East Kentwood	BH Cranbrook-Kingswood
	Grand Rapids Northview	Eaton Rapids	Stevensville Lakeshore
Grand Rapids South Christian	Flint Kearsley		
Grandville	Grand Ledge		
Gull Lake	Hamilton		
Hamilton			
Hesperia			
Hillsdale			

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.

Bill Bradley's Game Plan

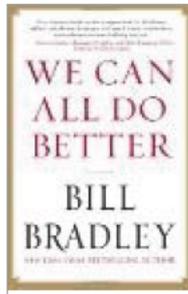
He may be the smartest man to ever play in the NBA; so when Bill Bradley speaks, we would be well advised to listen. And in his sixth book, *We Can All Do Better* (Vanguard Press, 2012), the former high school and college star, 1964 Olympic gold medalist, 10-year starter for the New York Knicks and three-term United States Senator from New Jersey, has these among many pearls of wisdom as he surveys the modern public landscape:

- “. . . reporting, the craft of going out to discover what isn't known, too often gives way to opinion pieces.”
- “Instead of investigating a politician's private life, the media should be investigating his or her public actions. There's a Pulitzer Prize embedded in nearly every tax or appropriation bill if a journalist simply digs for it.”
- “Listening carefully to partners and opponents alike is as important as impassioned oratory.”
- “In times of great stress, inaction is not an option.”
- “The state of perpetual dissatisfaction is not a state from which dreams can spring.”

There is an occasional lesson from sports which Bradley suggests be applied to solving our nation's problems – like the dynamics that make a team successful; but *We Can All Do Better* is not about sports. It's about much more important topics. It just happens to be written by one of the most accomplished basketball players this nation has ever seen, who is also gifted with

the ability to write clearly about what should matter more to us than sports.

Bradley presents ideas for strengthening America at home, for example by job creation through tax reform, and for strengthening America's prestige throughout the world, for example through less rather than more military intervention. He is as generous in his praise of America's traditions and potential as he is critical of the misguided management of its affairs both domestic and foreign.



The author has too much praise for China, apparently overlooking that an oppressive government has advanced its growth agenda by ignoring human rights and environmental consequence; but it is hard to argue with Bradley's other observations and recommendations.

He calls for “a pluralistic democracy with a growing economy that takes everyone to higher ground,” and he provides a very readable game plan.

Real-Stories Research

In the rush to reform education with the pet projects of a few billionaires and thousands of bureaucrats, it's prudent to pause. And in that pause, to dive deeply into two types of research.

The first is statistics that independent, no-stake-in-the-outcome entities can provide us about the direct, cause-and-effect outcomes of the specific school reform being touted.

The second is stories of those dedicated, in-the-trenches educators who provide detailed trial-and-error lessons of what does and doesn't work with this student or that, in this circumstance or that.

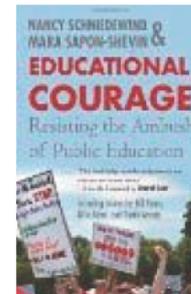
Educational Courage (Beacon Press, 2012) provides that second kind of research, with more than two dozen educators

contributing what they have seen and what they have learned in the actual practice of educating young people.

The common theme is that education is hard work, and that no single way works in all classrooms, or for all students in the same classroom; and that standardizing delivery systems and evaluation of students does not work. Rather, it takes human beings interacting daily, face to face, and meeting much more than merely the intellectual needs of young people.

To successfully educate a child today often means overcoming the parenting failures of their homes and plugging holes in the safety net of community social services. Often, before teachers can deal with intellectual needs, the school must deal with nutritional deficiencies and with physical, emotional or mental illnesses that escape attention until young people spend time in

the structure of a classroom under the consistent watch of a trained professional who is much more than just an instructor.



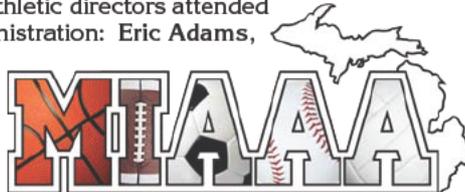
Distance learning and standardized testing do not begin to deal with these huge obstacles to learning. It takes boots on the ground. It takes, one hesitates to say because it seems so “unprogressive” ... it takes a lot of “good, old-fashioned” classroom education.

Courage in education is not about the latest, greatest fad. It's more about teaching than technology and testing. More about the actual engagement of pupils than the abstract explanations of pundits. *Educational Courage: Resisting the Ambush of Public Education* demonstrates these truths through the stories of those who know.

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

MIAAA/MHSAA Hold Third Leadership Academy

Michigan's professional organization of school athletic directors, the Michigan Interscholastic Athletic Administrators Association (MIAAA) and the MHSAA, held the Third Annual Leadership Academy for high school athletic directors in Mt. Pleasant Aug. 6-7. Twelve athletic directors attended and took a big step toward national certification in athletic administration: Eric Adams, Lawrence HS; John Carpenter, Martin HS; David Davis, Goodrich HS; Debbie Dewyse, Engadine HS; Mike Fosburg, Hesperia HS; Ryan Hamet, Portage MS; Thomas Husson, Ann Arbor Greenhills; Jason Misner, Parchment HS, Brian Southworth, Decatur HS; Jamie Tuma, Marquette HS; Josh Vandermeulen, Northport HS; and Jon Zajac, Belleville HS.



The Leadership Academy began as a strategic plan initiative for professional development and is supported by the Board of Directors. The MIAAA received NIAAA Outreach funds to help fund the participants' national membership dues as well as a generous grant from the MHSAA. In today's ever-changing educational environment, the job of athletic director is becoming more demanding and complex. The Leadership Academy targets athletic directors with 1-5 years of experience and provides them the tools necessary to lead their athletic programs successfully. Attendees received professional memberships for 2013-2014 in both the MIAAA and the NIAAA. They completed NIAAA Leadership Training Institute courses 501 & 502. Additional topics included coaching evaluations, student leadership, and Arbitrator training. Speakers at the academy were Michael Roy, Vicksburg High School; Lisa Hogan, Greenhills School; Fred Smith, Buchanan HS; and Meg Seng of Greenhills School.

The MIAAA is a 54-year-old association with nearly 700 members serving as athletic administrators in numerous high schools and junior high/middle schools in Michigan. In conjunction with the Michigan High School Athletic Association, the MIAAA works to promote the educational value of interscholastic athletics and the role and profession of athletic director. The MIAAA is very proud to highlight the work of these professionals.

For further information contact:

MIAAA Professional Development Co-Chair, Fred Smith, Buchanan High School, fsmith@buchanan-schools.com

MIAAA Professional Development Co-Chair, Meg Seng, Greenhills School, mseng@greenhillsschool.org

Bulletin Board Material

"If youth leagues, public school districts and colleges that are already in the red on sports start paying brain-damage awards, they'll stop sponsoring football." – Gregg Easterbrook, ESPN.com

"I would say that my first real leadership role was with sports in high school. I was the quarterback on the football team, I played basketball, and I pitched on the baseball team. I would say that one of the better foundations to be a leader is to play organized sports." – Daniel T. Hendrix, President & CEO, Interface, Inc.

"I picked up fencing in high school...helped start my high school team. I went to the Junior Olympics when I was 16 and lost every one of my bouts. But I got better. In fencing, you have to think three moves ahead. It turned out to be good training for corporate life." – Stephen Kaufer, President and CEO, Trip Advisor

STUDENT ILLUSTRATOR WANTED

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

What's Happening at the MHSAA? We'll Tell You



The MHSAA takes its version of a color tour each fall, traveling to seven different locations during a one-month period to host AD In-Services and Update Meetings for its constituents.

There's no better opportunity to stay in touch with new developments within the MHSAA and hone your administrative skills than to attend one of the annual AD In-Service/Update Meetings each autumn in a neighboring community. The gatherings also give members a chance to offer face-to-face feedback, and also provide the MHSAA with valuable data through the annual Update Meeting Opinion Polls.

Beginning Sept. 25 in Kalamazoo and ending Oct. 25 in Marquette, the month-long tour literally spans the state to keep constituents informed and educated.

The cost per person is \$12 for the In-Service only; \$20 for the Update Meeting only; \$30 for combined sessions. Following are the dates and locations. In-Services begin at 8:30 a.m., followed by the Update Meetings at noon, except for the Oct. 28 session as noted below.

- Wednesday, Sept. 25 – Kalamazoo (Pine West)
- Monday, Sept. 30 – Warren (DeCarlos Banquet/Convention)
- Monday, Oct. 7 – Comstock Park (English Hills Country Club)
- Wednesday, Oct. 9 – Frankenmuth (Zehnders)
- Thursday, Oct. 10 – Lansing (Best Western Plus)
- Monday, Oct. 14 – Gaylord (Otsego Club & Resort)
- Friday, Oct. 25 – Marquette (Superior Dome, 10 a.m. – Update Meeting only; no fee or meal)

Registration forms can be accessed from the Administrators page of MHSAA.com, or downloaded to your mobile device by scanning this code.



Highlights Return To MHSAA.TV

The new school year brings with it a return to weekly packages of highlights produced by schools in the MHSAA's **School Broadcast Program**.

The School Broadcast Program gives member schools an opportunity to create video programming, with students gaining skills in announcing, camera operation, and graphics, using the software provided by PlayOn! Sports. The program also gives schools the opportunity to raise money through advertising and viewing subscriptions. As many as 60 MHSAA member schools annually participate in the program, now in its fifth year.

Schools interested in becoming a part of the School Broadcast Program should contact John Johnson at the MHSAA Office: john@mhsaa.com

Meanwhile, a Friday night staple for prep fans has become *MHSAA Football Friday Overtime*, airing at midnight on FOX Sports Detroit. Mickey York and Rob Rubick host the weekly 30-minute highlights show. The program re-airs on Saturdays and Sundays.

Listen to the weekly radio commentary, *MHSAA Perspective* – presented by the Michigan Army National Guard – which has now grown to a total of 81 radio stations and audio webcast sites across the state. The program runs for 30 weeks through the end of the winter sports season. *MHSAA Perspective* can also be accessed from the home page of the MHSAA Website.

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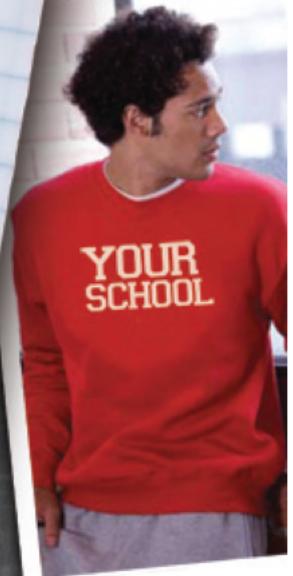
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Answer the Call and Begin Making the Calls

Following are comments in response to **"From the Director"** the twice-weekly blog featured on MHSAA.com from Executive Director Jack Roberts, and/or features from the **MHSAA Second Half** website. Archived blogs may be accessed from the "News" page of the website, and features appear at secondhalf.mhsaa.com.

Sports Officiating Challenge (*"From the Director," 7/30*)

The blog above discusses a 17 percent decline in officials registrations with the MHSAA in the past four years.

I think this fails to mention another outside factor: fans/parents. I cover HS sports, and it is amazing how much these officials are berated by the fans/parents. This is night-in and night-out. The same goes for coaches. I would like to see any numbers you might have regarding coaches and participation too, if possible.

– Gary Baker
TheDailyReporter.com



More than 1,200 registered MHSAA contest officials attended "Officiate Michigan Day" in July, the largest gathering of sports officials ever in the state. However, nearly 2,000 have left the avocation during the last four school years.

"I cover HS sports, and it is amazing how much these officials are berated by the fans/parents."

I have to turn down 10-20 meets each season (track, and cross country) because I am already booked. I work between 30-40 meets each year, and could do many more, if phone call requests are any indication. I can usually refer calls to other officials, but it indicates the shortage of officials.

– Ray Drysdale

Preserving A Place (*"From the Director," 7/30*)

While organized sports are great remedies for alternatives to teen mischief, the parents should look in the mirror to find solutions to their dilemma. The effort and energy that they put into "pleading" with you to preserve a place on the team, should have been used to help their children to accept life's disappointments; because we ALL know that disappointments are part of life, and how one deals with such disappointments is what will determine plot in such life, NOT being made popular in the school setting by being guaranteed a place on the team. Intramural play, recreational play, serving as a statistician, student-manager, etc., are all very viable options to actually being on the team.

– Curtis Stove

The Off-Season (*"From the Director," 8/20*)

Very true. There is no "journey" anymore just athletes/parents expecting wins over losses. Everyone wants to get to the reward before experiencing the sacrifice. Thanks for the good read.

– Paul Polfus

Football Practice Proposals (*"From the Director," 6/11*)

I think that is crazy to think that you could only have two collision practices per week after the first game. You can't get better by hitting pads all week. In games, players move, pads do not. You have to practice against live bodies. The way the system is set up right now is just fine. We should leave it the way it is. We will continue to do concussion and heat training and it will be fine, just like it has been.

– Joe Fregetto

Good coaches with good practice plans will make this happen and keep kids safe. Football has a PR issue right now and action must be taken.

– Tom Hunt

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**.

Health & Safety Sports

MHSAA Taking a Healthy Approach to the Next Four Years

During election years, it's a familiar rallying cry: "Four more years! Four more years!"

It's become commonplace following the third quarter of football games around the country for members of the leading team to march down the gridiron with four fingers raised on one outstretched hand as teams switch ends of the field to signify, "Fourth quarter is ours; finish the job."

The number four is also significant in education, where school terms are identified as freshman, sophomore, junior and senior years.

To that end, the MHSAA is imploring everyone involved in educational athletics to go back to school in 2013-14 with a four-year mission in mind: "**Four Thrusts for Four Years.**" The goal is to attain and maintain advanced degrees in sports safety, positioning Michigan schools in the center of best practices for ensuring the health of our product and students, today and beyond.

"Just a brief look around all levels of today's athletic landscape reveals heightened awareness of health and safety issues," said MHSAA Executive Director Jack Roberts. "Interscholastic sports as a whole – and particularly school sports in Michigan – has long led the charge to employ the safest contest rules and provide the healthiest environments for our games and participants.



“But, to put it in athletic terms, we can’t sit on the lead,” Roberts said. “We can, and must, improve our games in order to guarantee their existence for future generations. That is our goal, our thrust in the coming years.”

Following are the focal points for this four-year plan:

- Implement heat and humidity management policies at all schools for all sports.
- Require more initial and ongoing sports safety training for more coaches.
- Revise practice policies generally, but especially for early in the fall season.
- Modify game rules to reduce the frequency of the most dangerous play situations, and to reduce head trauma.

The directive actually kicked off last March, when the Representative Council approved a heat management policy for MHSAA tournaments and a detailed model policy for schools. While not setting requirements for member schools during the regular season, it suggests actions based on heat index – the degree of felt discomfort derived by combining temperature and humidity measurements – that are designed to minimize the risk of heat-related illness during interscholastic participation.

The policy is mandatory for all MHSAA tournaments beginning this school year, and the MHSAA plans to monitor schools’ adoption of the plan throughout the year to determine best policies moving forward.

Laminated cards containing the policy and heat index chart were printed and mailed to schools in June, and continue to be disseminated at statewide meetings this fall. Two publications, *Heat Ways* and *Safety Blitz*, were published, mailed and posted

to MHSAA.com, heightening awareness of healthy practice regimens, and schools have been offered discounted psychrometer prices through the MHSAA to assist in their efforts to properly monitor weather conditions.

“This action was significant; but it’s just the next step in a continuous series of actions being taken to make school sports as healthy as possible for students,” said Roberts. (*The complete heat management policy appears on page 11*)

The MHSAA’s proactive movements toward a safer tomorrow are taking place concurrently, rather than sequentially. While the heat and humidity plan is the most developed of the four “thrusts,” other initiatives are underway. Today’s climate prompts such action.

From the NCAA’s new “targeting fouls” to the NFL’s “crown” rule, and of course Major League Baseball’s Biogenesis/PED debacle, the headlines off the field in August centered on protecting the games rather than simply playing them. Like it or not, it’s the type of news fans need to get used to as their favorite sports audible to option plays in order to steer clear of the endangered species list.

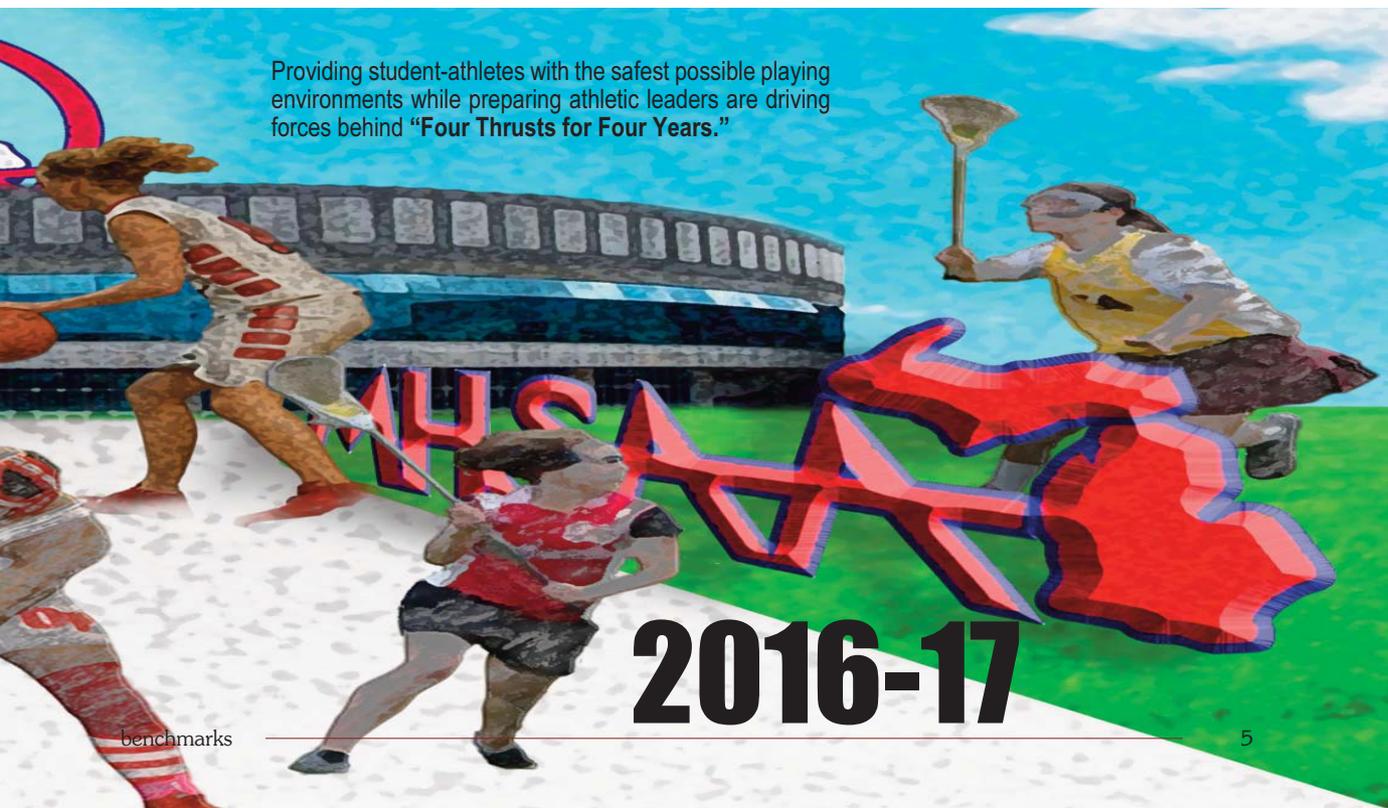
The situation can’t be overstated. Athletics at all levels has been approaching a crossroads for years, and the time to heed the signals has come.

“Let’s make one thing abundantly clear: The people in charge of football at all levels are wise to craft rules that make the game safer, even if those rules will be controversial,” wrote Andy Staples for *Sl.com College Football* on July 23.

The story continued: “As more information arrives about the long-term dangers of the headshots

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Providing student-athletes with the safest possible playing environments while preparing athletic leaders are driving forces behind “**Four Thrusts for Four Years.**”



While the much-discussed NCAA “targeting” foul does not exist in high school football, illegal helmet contact has always been a point of emphasis in the NFHS Rules Book, and continues to carry a 15-year penalty and should be strictly enforced. The act can also be considered flagrant when it is delivered to an opponent lying on the ground; to an opponent being held up by other players; or to the helmet of a defenseless player.



football players absorb at the high school, college and pro levels, something has to change. The next few years will be messy. The game needs saving, because if it continues as it has, it will get decimated by lawsuits and by parents of young children who decide the potential adverse effects aren't worth the risk.”

When kids stop playing, numbers at the high school level and beyond are bound to diminish as well. To trumpet the vast benefits of interscholastic football while easing parents' minds on safety concerns, the MHSAA formed a Football Task Force in the spring of 2013. The task force is the first of several to be convened during the next four school years, and the objectives of each are to promote the sports involved as safe, low-risk, competitive athletics through the development of better practice policies and modification of playing rules.

“These task forces will be central to the overarching mission of preserving sports for years to come,” said Roberts. “We believe the MHSAA Football Task Force has set a foundation on which to build. Our discussions involving revised practice policies have reached the draft stage, and we intend to have formal proposals ready to present to the Representative Council in March 2014.”

The work of the 13-member task force – made up of football coaches and school administrators from around the state – will be reviewed by the Michigan High School Football Coaches Association, the MHSAA Football Committee and at the MHSAA League Leadership meeting for fine-tuning prior to reaching the Council.

“It is important that we provide opportunities for children to participate in interscholastic athletics and crucial that we do all we can to ensure they will be safe when they do,” said Football Task Force member Tammy Jackson, principal at East Jordan High School, who has a sports medicine background. “The MHSAA has taken an active role in promoting safety by convening the Task Force to examine current rules and consider modifications to further protect children.”

With so much publicity concerning football safety, the football group was a natural to become the first of several task forces to be assembled.

“We must educate the public on the benefits of all school sports,” said task force member Bill Chilman, superintendent of Beal City Schools. “In the case of football, it must be impressed upon people that it is statistically a very safe game when taught and played properly. The Football Task Force being proactive rather than reactive to this safety movement is key to promoting the lifelong values of football and all school sports.”

And within that public is a group which has the most vested concerns: the parents.

“There is more information available to general public regarding sport and sport injuries and unfortunately parents and kids all too often hear about the negative side of sport,” suggests Mike Bakker, athletic director at Fenton High School, and another member of the MHSAA Football Task Force. “It is imperative for the integrity of the sport of football to have coaches and administrators provide information about the safety of the game and the steps we



MHSAA schools with full-time athletic trainers are in the minority. Coaches' preparedness and education at all levels will be monitored in the coming years.

Hockey Weekly Action Photos

but our committees can only make recommendations to national rules committees for varsity level play,” explained Roberts. “Over the next four years, we will be asking our sport committees to give more time to the most dangerous plays in their sport – identifying what they are and proposing how to reduce that danger.”

While the football task force here at home is finalizing practice policy proposals targeted for implementation in the fall of 2014, Texas and Illinois are two states which launched restrictions with the opening of football this season. Spokespersons from both states indicate that coaches and school administrators have been pleased with the new formats. *(See related story on page 14)*

Coaches no doubt will need to adjust practice itineraries and budget time wisely. Administrators need to remind staffs that the new era is dawning in the name of player safety, which is paramount to all parties.

“In game situations, coaches want our officials to throw the flag on late hits, low hits and other illegal contact,” Roberts said. “These are incidents that they have no control over. They do have control over practice time and teaching fundamentals; so let’s encourage safety measures that we can control, and employ those tactics to help the game prosper.”

Education will be key to the efforts to align coaches of all sports – and all levels – in the movement toward a healthy future. School will be in session during the next four years as the MHSAA implements effective and practical means for raising coaches’ preparedness. Three avenues are on the map:

First, the Representative Council mandated that beginning with the **2014-15** school year, all assistant and subvarsity coaches at the high school level must complete the same MHSAA rules meeting currently only required of varsity head coaches or, alternatively, one of the free online sports safety courses posted on or linked from the MHSAA Website that is designated as fulfilling this requirement.

Second, it is proposed that by **2015-16**, MHSAA member high schools will be required to certify that all of their varsity head coaches have a valid CPR certification.

Third, it is proposed that by **2016-17**, any person who is hired for the first time to be the varsity head coach of a high school team, to begin after July 31, 2016, must have completed either Level 1 or Level 2 of the MHSAA Coaches Advancement Program. The MHSAA is preparing to subsidize some of the course cost for every coach who completes Level 1 or 2. *(See related story on page 22)*

Together, these changes will move Michigan from one of the states of fewest coaching requirements to a position consistent with the “best practices” for minimizing risk in school sports and providing students a healthy experience.

At stake in these four thrusts – whether an administrator, coach, official, student-athlete, parent or fan – are the games and environments that offer so many lessons and provide so much to root for.

— Rob Kaminski
MHSAA benchmarks Editor

Thank Teddy Roosevelt for Your Football Weekends

The next time you find yourself immersed in a tense crosstown football rivalry on a Friday night, followed by a Saturday pilgrimage to the nearest college campus and a Sunday afternoon with a remote and your favorite snacks and beverages, take a moment to think what the weekend would be like if it weren't for Teddy Roosevelt.

The man who became our 26th President shortly after the turn of the 20th Century following the assassination of William McKinley in 1901 was a football fan like you. Maybe more so.

Today's game of football has reached a critical crossroads. Player size and speed has increased across the board. Savage use of equipment as weapons rather than protective gear has been glorified on television networks and social media. Leaders of the game at all levels have recognized the need for change, employing new rules and widespread educational efforts to aid in preserving the sport.

History, as they say, is repeating itself.

In an ironic twist, it was Roosevelt who saved the then-brutally violent game of football from itself more than 100 years ago. Yes, the same "Rough and Ready Teddy" who led the charge up San Juan Hill during the Spanish-American War and often sparred in the boxing ring while in office from 1901-09 opined that football was becoming so gruesome that he delivered an ultimatum: clean up the game or it would be outlawed.

The *Chicago Tribune* reported that in 1904 alone, there were 18 football deaths and 159 serious injuries, mostly among prep school players. Football deaths suffered by younger players were reported on a nearly weekly basis, as outraged citizens called on colleges and high schools to banish football outright.

In stepped Roosevelt, who called head coaches and representatives from Harvard, Yale and Princeton – college powers at the time – to the White House 1905 urging them to eliminate excessive violence and set an example of fair play for the rest of the country. When the casualties actually rose by one during the ensuing season, Roosevelt reacted with greater resolve and convened leading football authorities for the purpose of authoring drastic rules changes. What emerged was an intercollegiate conference which was the predecessor of the NCAA.

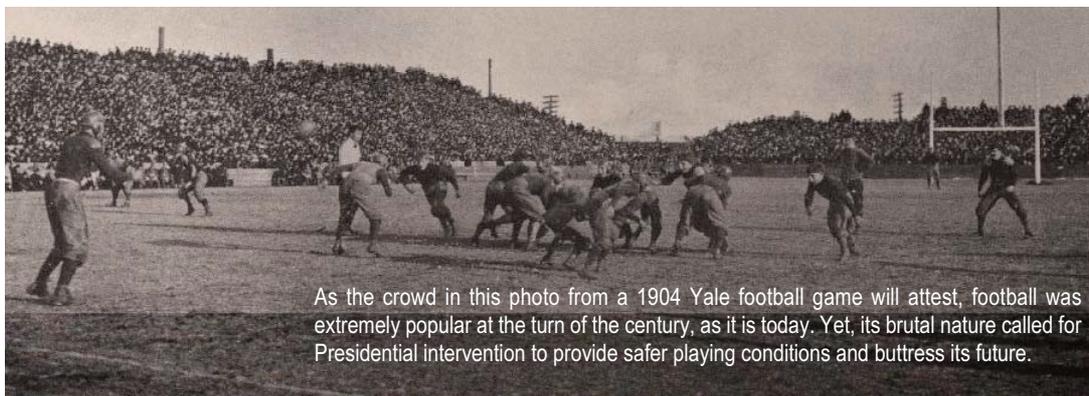
Among the most effective changes for the 1906 season were the legalization of the forward pass, the elimination of mass formations, and the creation of a neutral zone. Football fatalities fell to 11 in each of the next two seasons, and severe injuries fell drastically.

Thanks to the introduction of protective equipment and ever-evolving rules changes, football during the 100-plus years to follow has become an exponentially safer game. Yet, the game's leaders always will need to adjust and react to scrutiny that comes with the territory.

So, as the game once again undergoes rules modifications in the name of safety, enjoy the fall and all of the gridiron glory it is sure to bring. And, at some point, give a tip of the cap to President Roosevelt for sparing you a weekend of raking leaves and washing windows.



— Rob Kaminski
MHSAA benchmarks Editor



As the crowd in this photo from a 1904 Yale football game will attest, football was extremely popular at the turn of the century, as it is today. Yet, its brutal nature called for Presidential intervention to provide safer playing conditions and buttress its future.

Model Policy for Managing Heat and Humidity

Adopted March 22, 2013

1. Thirty minutes prior to the start of an activity, and again 60 minutes after the start of that activity, take temperature and humidity readings at the site of the activity. Using a digital sling psychrometer is recommended. Record the readings in writing and maintain the information in files of school administration. Each school is to designate whose duties these are: generally the athletic director, head coach or certified athletic trainer.
2. Factor the temperature and humidity into the Heat Index Calculator and Chart to determine the Heat Index. If a digital sling psychrometer is being used, the calculation is automatic.
3. **If the Heat Index is below 95 degrees:**
 - All Sports
 - Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
 - Optional water breaks every 30 minutes for 10 minutes in duration.
 - Ice-down towels for cooling.
 - Watch/monitor athletes carefully for necessary action.

If the Heat Index is 95 degrees to 99 degrees:

- All Sports
 - Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
 - Optional water breaks every 30 minutes for 10 minutes in duration.
 - Ice-down towels for cooling.
 - Watch/monitor athletes carefully for necessary action.
- Contact sports and activities with additional equipment:
 - Helmets and other possible equipment removed while not involved in contact.
- Reduce time of outside activity. Consider postponing practice to later in the day.
- Recheck temperature and humidity every 30 minutes to monitor for increased Heat Index.

If the Heat Index is above 99 degrees to 104 degrees:

- All Sports
 - Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
 - Mandatory water breaks every 30 minutes for 10 minutes in duration.
 - Ice-down towels for cooling.
 - Watch/monitor athletes carefully for necessary action.
 - Alter uniform by removing items if possible.
 - Allow for changes to dry t-shirts and shorts.
 - Reduce time of outside activity as well as indoor activity if air conditioning is unavailable.
 - Postpone practice to later in the day.
- Contact sports and activities with additional equipment
 - Helmets and other possible equipment removed if not involved in contact or necessary for safety.
If necessary for safety, suspend activity.
- Recheck temperature and humidity every 30 minutes to monitor for increased Heat Index.

If the Heat Index is above 104 degrees:

- All sports
 - Stop all outside activity in practice and/or play, and stop all inside activity if air conditioning is unavailable.

Note: When the temperature is below 80 degrees there is no combination of heat and humidity that will result in need to curtail activity.

Scan the code ar right for the Heat Index Calculation Chart →



MHSAA member schools – “too expensive” or “another obstacle to finding qualified coaches,” some say; but these are baby steps. This barely keeps pace with national trends. Michigan’s tradition of local control and its distaste for unfunded mandates has kept Michigan schools in neutral while schools in most other states have made multiple levels of coaching education, and even licensing or certification, standard operating procedure.

The three initiatives to upgrade coaches education in this critical area of health and safety over the next three years only nudges Michigan to a passing grade for what most parents and the public expect of our programs. We will still trail most other states, which continue to advance the grading curve. (See page 15)

And for a state association that is among the national leaders by almost every other measure, it is unacceptable to be below average in what is arguably the most important of all: promoting athlete health and safety by improving the preparation of coaches.

The third health and safety thrust is a focus on practice policies to improve acclimatization and to

reduce head trauma; and the fourth thrust is a focus on game rules to reduce head trauma and to identify each sport’s most injurious situations and reduce their frequency.

Because of the critical attention to football on all levels, peewee to pros, our first focus has been to football with the appointment of a football task force which has effectively combined promotion of the sport’s safety record at the school level and its value to students, schools and communities with probing for ways to make the sport still safer.

The task force proposals for practice policies are receiving most attention (See page 16) and will receive Council action in March. But the task force has also assisted MHSAA staff in developing promotional materials that are already in use, (see page 26) and the task force pointed MHSAA staff to playing rules that need emphasis or revision to keep school-based football as safe as possible.

During 2013-14, all MHSAA sport committees will be giving unprecedented time to the topics of the third and fourth thrusts and, when necessary, a task force will be appointed to supplement those sport committee efforts.

Frequently Asked Questions About CPR Certification

1. Q Who is authorized to provide CPR certification?

A The MHSAA does not dictate which organization must provide the CPR education and certification. However, the Michigan Department of Human Services lists the following organizations that are approved to provide CPR training:

American CPR Training	americancpr.com
American Heart Association	americanheart.org
American Red Cross	redcross.org
American Safety and Health Institute	his.com/ashi/about
American Trauma Event Management	atem.us
Cardio Pulmonary Resource Center	517-543-9180
Emergency Care and Safety Institute	ecsinstitute.org
EMS Safety Services	emssafety.com
Medic First Aid	medicfirstaid.com
National Safety Council	nsc.org
Pro CPR	procpr.org

2. Q How expensive is the certification?

A \$0 to \$75.

3. Q How long does certification take?

A Two to five hours.

4. Q How long does the certification last?

A Generally, two years.

5. Q Does the MHSAA specify the age level for the CPR training?

A No. Generally, the course for adults alerts candidates of the necessary modifications for children and infants, and vice versa.

We're Talking Practice: Texas and Illinois Kickoff Revised Practice Policies on the Gridiron

Coaches and players in Texas and Illinois are adapting to new football practice limitations this fall, with the Texas policy focusing on contact, and the Illinois regulation emphasizing length of preseason practices. When the MHSAA Football Task Force finalizes its 2014 practice proposals for consideration this November, constituents will see a hybrid version which addresses both contact and duration. (*see page 16*)

The University Interscholastic League, which governs school sports in **TEXAS**, put into writing that, "During the regular season and postseason, no football player is allowed to participate in more than ninety (90) minutes of full contact practice per week," effective with the first day of practice this fall.

The complete policy follows:

For the purposes of the of rule, "full contact" is defined as football drills or live game simulations where "live action" occurs. Live action, as



defined by USA Football, is contact at game speed where players execute full tackles at a competitive pace taking players to the ground. A team may continue to dress in full pads for practice, but may only participate in live action drills and game time simulations no more than ninety minutes per athlete per week. It is assumed that when players are in shells (shorts, shoulder pads, and helmets) no live action drills or simulations will occur. This rule is intended to limit live action drills and simulations and not the number of practices a team may participate in full pads. A team may participate in "air," "bags," "wrap," and "thud" drills and simulations at any point. These contact levels are defined below:

- **Air** - Players should run unopposed without bags or any opposition
- **Bags** - activity is executed against a bag, shield or pad to allow for a soft-contact surface, with or without the resistance of a teammate or coach standing behind the bag.
- **Wrap** - Drills run at full speed until contact, which is above the waist with the players remaining on their feet.
- **Thud** - Same as wrap but tempo is competitive with no pre-determined winner and the players are not tackling to the ground.

The rule came to the UIL Legislative Council as a recommendation from UIL Medical Advisory Committee, a permanent advisory committee to the Legislative Council which meets twice each

year to discuss and review safety policies for UIL participants. The committee, which is made up of leading medical professionals in various specialties and includes representatives from the Texas High School Coaches Association, the Texas Girls Coaches Association, and the Texas State Athletic Trainer Association, unanimously recommended this limitation in full-contact football practice.

"We have had only positive comments thus far in the early stages of implementation. Texas high school football coaches are well aware of the growing concerns over health and safety, especially those related to head injuries. The vast majority of coaches in Texas were already holding practices that were within these guidelines," reports UIL Deputy Director, Dr. Jamey Harrison. "We are pleased with the implementation thus far and will continue to monitor its effectiveness to guide future decisions related to practice limitations."

The rule formulates into a formal policy the existing actions of the majority of coaches across Texas, and most coaches have had to make few adjustments, if any. In fact, according to a story on statesman.com, the proposal caused more of an uproar on social media than from coaches.

"It's not going to affect us in anyway," Vandegrift HS coach Drew Sanders said in the story. "Most good coaches were way below that 90-minute amount already. Prior to legislation we still monitored it ourselves – the only change is now we have to keep up a log more publicly."

ILLINOIS put standards in place for its first 14 days of football practices, known as the state's Pre-season Football Acclimatization Practice Period. At the core of the policy is a three-hour practice limit for the first five days, during which teams can also conduct a one-hour walk-through. Teams must observe a minimum two hours rest between the practices and walk-throughs. Players may wear helmets only on the first two days, then helmets and shoulder pads for the next three. From days seven through 14 of the acclimatization period, schools may practice for a maximum of five hours per day, as long as that day is followed by a three-hour day, or an off day. During the five-hour days, no session can last more than three hours, and must include a two-hour break between practices. Full pads may be worn for the final seven dates leading up to the first contest.

"This policy was the result of a collaborative effort between the IHSA Sports Medicine Advisory Committee and the Football Advisory Committee," said SMAC committee member and University of Illinois Associate Professor of Orthopedic Surgery Dr. Preston M. Wolin. "The guidelines are based on

the most recent scientific evidence, as well as the expertise of the coaches who will help implement them. Both committees believe the guidelines represent a significant positive contribution to the health of our athletes.”

“This new policy undoubtedly changes the way we, as coaches, approach preseason practice,” said Metamora HS coach Pat Ryan, who is a member of the FAC and a past President of the Illinois High School Football Coaches Association. “Coaches have to get more creative with when and how they schedule practices, as well what they do with their time. The proposals were strongly supported by both committees. It is a crucial final step to the process of being able to effectively prepare our teams in a safe manner. Change is always difficult, but the game is changing and we need to adapt to continue to put the safety of our players first.”



The IHSA offered multiple interactive online webinar meetings for high school coaches leading up to the start of practice where questions were answered, along with further clarifications on the policy and the science behind it.

“I think most coaches understood that changes were on the horizon,” said IHSA Executive Director Marty Hickman. “We wanted to be in a position to give our coaches as much information as possible to make sure they are comfortable with the new policy. Their input will be critical moving forward as we develop educational materials, like a best practices presentation. I commend our committees on a policy that is supported by medical experts, football coaches and school administrators.”

— Rob Kaminski
MHSAA benchmarks Editor

Note: The websites of the UIL and IHSA contributed to this story

States are Raising the Bar

outside shots

Almost every state now has a requirement that some or all coaches complete once or annually a course delivered online or in person on the prevention, recognition and after-care for head injuries. Here’s a sampling of additional requirements for coaches across the US.

- States that require **CPR** for some or all coaches – 24
Alabama, Arizona, Arkansas, California, Connecticut, Delaware, Florida, Idaho, Kentucky, Maine, Minnesota, Nevada, New Hampshire, New Jersey, New York, North Carolina, North Dakota, Ohio, Oklahoma, Rhode Island, Texas, Utah, Washington, Wyoming
- States that require **First Aid** for some or all coaches (online or face-to-face) – 35
Alabama, Alaska, Arizona, Arkansas, California, Connecticut, District of Columbia, Florida, Georgia, Idaho, Illinois, Kansas, Kentucky, Maine, Massachusetts, Minnesota, Missouri, Nebraska, Nevada, New Hampshire, New Jersey, New York, North Carolina, North Dakota, Ohio, Oklahoma, Rhode Island, Tennessee, Texas, Utah, Vermont, Washington, West Virginia, Wisconsin, Wyoming
- States with **sport-specific** education requirements (beyond annual rules meetings) – 7
Arizona, Arkansas, Florida, Massachusetts, New York, North Carolina, Wyoming



Additional states are being added to each category above during the next two years.

MHSAA Football Task Force Putting Ideas Into Practice

Already a leader when it comes to standards, policies and rules of the game, the MHSAA aims to keep interscholastic football in Michigan at the forefront of safe and healthy practices to maintain its solid footing as one of the most traditional educational sports offered by schools.

Riding existing momentum, the MHSAA has created a Football Task Force, comprising 13 individuals with administrative and/or coaching backgrounds.

The mission is to, “examine both practice policies and competition rules, both to improve acclimatization and reduce the frequency of both head trauma and football’s most dangerous play situations; and the Task Force is helping MHSAA staff develop promotions that both extol the values and safety record of school-based football and exhort coaches, players, parents and others to pursue an even safer game.”

In the spring of 2013, the Football Task Force has been focusing on the following topics:

1. Review practice policies to improve acclimatization of players and reduce head trauma.
2. Review competition rules to reduce head trauma and the frequency of the sport’s most injurious game situations.
3. Develop promotions that extol the value of football to students, schools and communities and the safety record of school-based football.

The promotional efforts have begun to be rolled out; game rule modifications are being investigated; and the following proposals for changing football practice policies have been prepared:

1. **During the first week of practice of the season**, only helmets are allowed the first two days, only shoulder pads may be added on the third and fourth days, and full pads may not be worn until the fifth day of team practice.
2. **Before the first regular-season game**, schools may not schedule more than one “collision” practice in a day.
 - A “collision” practice is one in which there is live, game- speed, player-vs.-player contact in pads (not walk-throughs).

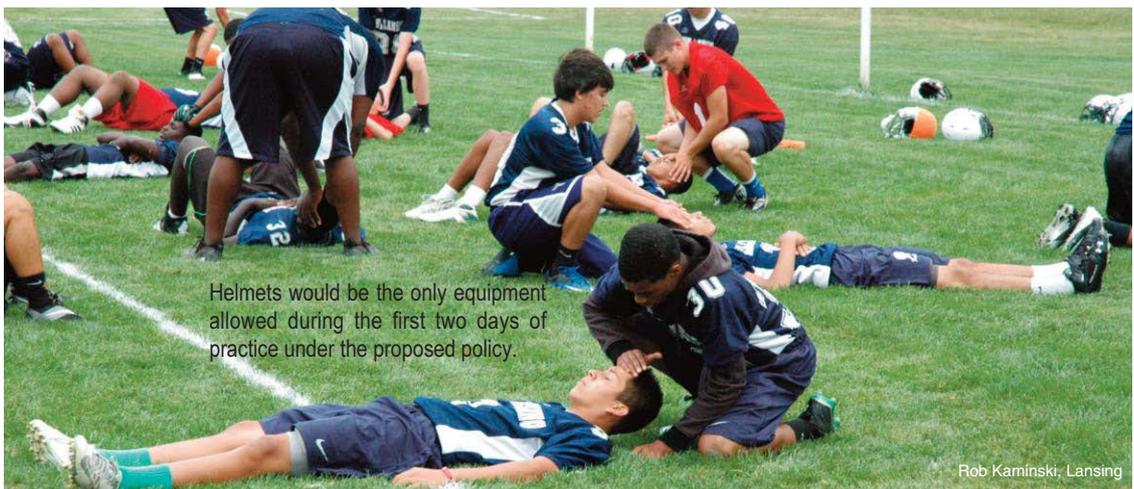


Among the MHSAA Football Task Force proposals is a limit on collision practices prior to the first game of the season, and additional limitations after the first game.

- During any additional practice sessions that day, players may wear helmets and other pads (neither is mandatory). Blocking and tackling technique may be taught and practiced. However, contact is limited to players vs. pads, shields, sleds or dummies.
3. **After the first regular-season game**, teams may conduct no more than two collision practice days in any week, Monday through Sunday. During other days of practice, players may wear helmets and other protective pads (neither is mandatory). Blocking and tackling technique may be taught and practiced. However, contact is limited to players vs. pads, shields, sleds or dummies.
4. No single practice may exceed three hours, and the total practice time for days with multiple practice sessions may not exceed five hours.
- Warm-up, stretching, speed and agility drills and cool-down are all considered part of practice. Neither strength/weight training activities nor classroom sessions are considered practice for the purposes of the three- or five-hour limits.
- Note:** It is the intent of the Task Force to finalize its consensus regarding these matters by late November so they may be reviewed by the Michigan High School Football Coaches Association, the MHSAA Football Committee and at the MHSAA League Leadership meeting prior to Representative Council action in March 2014.

Football Practice Proposal Q & A

- Q** Would the proposals apply at both the high school and junior high/middle school levels?
A Yes.
- Q** Is the purpose of the proposals to improve student-athlete acclimatization or reduce head trauma?
A Both.
- Q** What is the Task Force position on “girdle pads” during the first week of practice?
A Girdle pads may be worn under or in place of shorts during the first four days of acclimatization practice that precede the first day in full pads.
- Q** Does the three-hour limit on single practices and the five-hour limit for multiple practices on the same day apply only to football?
A Yes. The Task Force recommends that the limits be added as soon as possible to the MHSAA “Model Policy for Managing Heat & Humidity” and apply to all sports.
- Q** How much time is required between sessions on days with multiple practices?
A Because practice venues differ greatly and some may raise questions regarding supervision and the possibility of injury risks as great off the field as on, the Task Force declined to set a maximum and minimum length of rest periods. However, one hour between practices when there is no physical activity is the minimum recommendation. Classroom sessions would be allowed during the period of physical rest.



Majority of States Have Enacted Concussion Laws

Editor's Note: Since this article was written nearly one year ago, all but one state – Mississippi – now have concussion laws enacted by legislatures.

Head Games

In September 2012, a documentary titled *Head Games* by producer-director Steve James (*Hoop Dreams*) was released in theaters nationwide and via video-on-demand. The film, based on the book of the same name by former Harvard football player Chris Nowinski, deals with the issue of concussions in professional, college, high school and youth sports.

One of the challenges for athletics personnel highlighted by the documentary is the frequency with which high school and youth sport athletes will conceal symptoms of a concussion because they do not want to be removed from play, do not want to disappoint their coaches or parents, do not want to lose a starting position, do not want to miss a big-rivalry game, do not want to damage their opportunity for a college scholarship, or do not want to do anything that might interfere with their dreams of a professional sports career.

The overriding message of *Head Games* is that sports personnel – athletic directors, coaches and athletic trainers – are the most important and effective line of defense to protect the long-term health and safety of student-athletes who have sustained a traumatic brain injury. Unfortunately, however, as the film also points out in numerous scenes, some athletics personnel lack the level of professional education necessary to recognize the indicia of a concussion or to follow proper return-to-action protocols following a concussion.

One telling moment in the documentary is when a high school district athletic director, commenting on a former football player whose suicide may have

been linked to multiple concussions suffered during his high school and college sports career, states that during the previous school year, across all sports in his district, only 14 concussions had been suffered by the 1,600 student-athletes participating in district athletics programs.

When these numbers, astoundingly low based on the research studies that have been conducted regarding the incidence of concussions in sports, were related to Dr. Robert Cantu, Clinical Professor of Neurosurgery at Boston University's School of Medicine who is the Director of BU's Center for the Study of Traumatic Encephalopathy and who in the 1980s developed the first post-concussion, return-to-action guidelines for athletes, he grimaced in disbelief, shook his head, and then commented that the assertion of such statistics indicates how under-



While the focus is often on football, it is important to realize that concussions are a legitimate concern in all contact sports, and at all age levels.

recognized and under-reported concussions really are in high school sports.

Another scene, even more disturbing, shows a concussion education seminar being presented to athletics personnel, parents and student-athletes at a high school where the school's head athletic trainer verbally assaults the presenter for using "fear tactics" and discloses that the school's football coach intentionally scheduled a mandatory

weight-lifting session to conflict with the seminar so that team members could not attend the education program.

Sports law, as it relates to athletics administration, is sometimes mistakenly perceived as merely a burdensome set of legal principles designed solely to limit the liability exposure of schools and athletics personnel. However, in its most relevant and useful manifestation, sports law represents a society-wide consensus regarding best practices to safeguard student-athletes. Although the above-described scenes from *Head Games* and others like them in the documentary may be outliers with re-



Within the last year, seven states (in red) have enacted concussion statutes, leaving Mississippi (blue) as the lone state without concussion laws. Three bills in that state died in committee during the 2013 legislative session.

gard to the knowledge and attitude of most athletics personnel, a society-wide consensus regarding protocols for dealing with concussions in high school and youth sports has begun to emerge over the past three years as reflected in the enactment by almost all state legislatures of concussion safety laws.

State Concussion Statutes

As of October 5, 2012, 42 states and the District of Columbia had enacted sports concussion safety legislation. The legislature of a 43rd state, Michigan, finalized a bill on October 3, 2012 that was expected to be signed into law shortly thereafter by Governor Rick Snyder (*it was, in the spring of 2013*). Two states – Ohio and South Carolina – had legislation pending that was expected to be enacted during their legislatures’ 2012 terms (*it was*). Five states – Georgia, Mississippi, Montana, Tennessee and West Virginia – did not have concussion legislation pending at the above date, but now all except Mississippi have laws. (*Note: Mississippi’s case is not due to lack of effort, as it had three bills die in committee in the last legislative session.*)

Although it is essential for every athletic administrator to understand the precise requirements of the sport concussion safety law enacted by his or her home state legislature, it is also important to understand the common tenets included in such legislation nationwide. The determination as to whether “reasonable care” has been exercised to safeguard the health of a student-athlete is typically made in reference to the measures used by other informed, reasonable and prudent athletics person-

nel across the country. Therefore, it is important to have a thorough understanding of the common threads included in concussion protocol legislation throughout the United States.

The first concussion bill to be enacted was Washington’s 2009 *Zackery Lystedt Law*, named after a football player who was injured late in the second quarter of a game when his head struck the ground after he tackled an opponent. Video of the incident shows Lystedt lying on the ground in a state of near-unconsciousness with his hands clutching both sides of his helmet. He was removed from the game for the last three plays of the half, but returned to action at the beginning of the third quarter.

During the second half, Lystedt collapsed on the field, was transported to a hospital and underwent life-saving surgery to remove part of his skull to relieve the pressure from his badly damaged and rapidly swelling brain. He suffered several strokes, spent a week on a ventilator and was in a coma for three months. It was nine months before he was able to speak his first word, more than a year before he regained any movement in his limbs and more than 20 months before he was able to be removed from a feeding tube.

Forty of the state laws enacted (as of 2012) included all three basic tenets of the Zackery Lystedt Law – education programs, immediate removal from play and written clearance before return-to-action. Minor variations exist, however, in the precise mandates of each law, including the type of education programs required for coaches, student-athletes and parents; the definition of who is per-

– continued next page

The Zackery Lystedt Law is considered to be a model concussion protocol statute and it contains three key components:

1. All organizations operating sports programs for athletes **under the age of 18** (including both schools and youth sports organizations) must provide education programs and materials to inform coaches, parents and student-athletes about the nature and risks of concussions, and on an annual basis a concussion information form must be signed by each athlete and his or her parents/guardians.
2. An athlete suspected of having sustained a concussion during any sports activity including practice or competition must be immediately removed from action.
3. An athlete suspected of having sustained a concussion cannot return to action until having been evaluated by a licensed health-care provider trained in the evaluation and management of concussions and receiving written clearance from that health-care provider. Those allowed to provide return-to-play authorization are medical doctors, doctors of osteopathy, advanced registered nurse practitioners, physician assistants and licensed certified athletic trainers.

mitted to grant return-to-play authorization; and the scope of application of the law (some apply only to school sports and others also to youth sports programs). Many state laws require more than the three tenets of the Zackery Lystedt Law, including some that mandate baseline testing of student-athletes and others that require more extensive return-to-action protocols.

To read a summary and the full-text of your state's concussion law, go to the Web site of the National Conference of State Legislatures at www.ncsl.org (keyword search: concussions).

Recommendations Regarding Concussion Protocols

In order to ensure that you are not only in compliance with your state concussion safety statute, but that you are exercising the fullest possible measure of reasonable care to safeguard student-athletes, consider implementing the following suggestions.

- Require all of your school's athletics personnel, including all athletics administrators, head coaches, assistant coaches, non-teacher coaches, volunteer coaches, strength and conditioning personnel, and athletic trainers to complete the NFHS online course titled "Concussion In Sports – What You Need To Know." The class requires approximately one-half hour

to complete and is free-of-cost, and an athletic administrator may set up an easy-to-use online account to monitor completion of the course by all of the mandated personnel. Go to www.nfhslearn.com for more information.

- In addition to having all of your student-athletes and parents/guardians sign off on a concussion information form, require them to complete the NFHS concussion education course. Given that one of the greatest challenges in concussion safety is to get student-athletes and parents to appreciate the gravity of the issues related to concussions, the NFHS course provides a powerful educational resource that is free of cost. As of the beginning of the 2012 fall school term, more than 570,000 individuals had completed the NFHS course.
- Require baseline testing for all student-athletes. At scale, the cost of such tests are low and school districts across the country have had success in obtaining financial sponsorship for baseline concussion testing from local hospitals, medical practices and health insurance providers.
- If at all possible given the logistical issues regarding the location of your school and the nature of health-care specialists available in your geographic area, consider requiring return-to-action clearance to be given by a specialist in the treatment of traumatic brain injuries. Try to avoid allowing clearance to be given by lower-level medical professionals who may never have received any specialized training in concussions or traumatic brain injuries.
- Consider incorporating into your return-to-play guidelines the five-step process mandated by the Zurich Consensus Statement on Concussion in Sport pursuant to which after an athlete is symptom-free, he or she must advance through a protocol of light aerobic exercise, sport-specific activity, noncontact drills, full-contact drills and finally return-to-action. Details about the Zurich Consensus are available at sportconcussions.com/html/Zurich%20Statement.pdf.

— Lee Green, J.D.

Lee Green is an attorney and a professor at Baker University in Baldwin City, KS, where he teaches courses in sports law, business law and constitutional law. He is a member of the NFHS High School Today Publications Committee.

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Scan Code for NFHS Learning Center Online Courses



CAP Has Healthy Dose of Courses for the Taking

The MHSAA's Coaches Advancement Program (CAP) is among the most comprehensive and beneficial coaches education programs in the country.

From the breadth of courses to the depth of their content, attendees will cull the most recent coaching tips and trends in the hot topics of educational athletics through their participation.

And, as a major component of the MHSAA's "Four Thrusts for Four Years," persons hired for the first time in any MHSAA member high school as a varsity head coach, to begin those duties after July 31, 2016, must have completed CAP level 1 or 2.

The requirement also comes with several value-added benefits, which have always been a major attraction for CAP attendees:

INSURANCE: Liability insurance coverage in the amount of \$1 million per occurrence. This protection extends to coaches' performance of duties for the school team during the interscholastic season. The coverage is good for the year that the coach successfully completes the program and the following year.

NEWSLETTER: *GamePlans* is an electronic newsletter that is sent six times a year to coaches who have successfully completed six hours of the Coaches Advancement Program. The *GamePlans* newsletter contains pertinent articles that will assist coaches in their daily planning. *GamePlans* also publishes a record of all coaches who have been certified through CAP.

STATE CONTINUING EDUCATION CLOCK HOURS: State Continuing Education Clock Hours (SCECHs) are available to coaches and can be used for the renewal of selected certificates issued by the Michigan Department of Education. Coaches who complete a six-hour session are eligible to receive 6 SCECHs.

In keeping with the theme of surrounding school sports with the healthiest of environments, CAP offers three tracts specifically targeted to meet those goals. "Sports Medicine and First Aid" is a 2-hour course in CAP 1; "Strength and Conditioning: Designing Your Program" is a 2.5-hour course in the CAP 2 curriculum; and "Healthy Living" is a 2-hour course in CAP 5.

"The MHSAA Coaches Advancement Program provides educational opportunities for the coaching community unlike any other," said MHSAA Executive Director Jack Roberts. "It is logical that CAP play an integral role in coaches' preparedness as we move toward healthier interscholastic sport initiatives."

MHSAA Second Half.com Editor Geoff Kimmerly recently featured four coaches who have achieved CAP certification levels, as they shared some of their favorite coaching lessons in the June issue of *GamePlans*.

Register for upcoming CAP sessions soon, and share your stories with peers. Following are excerpts from Kimmerly's story.

Steve Brooks
Ypsilanti Boys Basketball
CAP Masters Elite Certification (Levels 1-6)

Brooks led the Ypsilanti High School program the last 10 seasons, guiding the Phoenix last winter to its first Regional championship since 1981.

"At any time, our players can come in and talk about personal things and feel like they can let stuff out and it won't go further than the people it's entrusted to," Brooks said. Making a connection to players begins early through his middle school coaches and remains key to building that familial trust.

"It is logical that CAP play an integral role in coaches' preparedness as we move toward healthier interscholastic sport initiatives." — MHSAA Executive Director Jack Roberts

Heather Prentice
Portage Northern
Competitive Cheer
CAP Masters Elite Certification (Levels 1-6)

Prentice has coached Portage Northern the last eight seasons and guided the 2007 and 2008 teams to the MHSAA Finals.

"The great thing about coaching for so long is you get letters or emails back from kids; 'I thought of you today when I was disciplining my 3-year-old child,' things like that. Or, 'I went in for a job interview and they asked for one of my qualities. And I said I have integrity. I do have integrity, and you taught me that.' Those are the cool moments," Prentice said. "They really did hear me; they did hear what I am saying."

Duane Enderle
Birch Run Boys and Girls Soccer
CAP Masters Elite Certification (Levels 1-6)

Enderle has coached Birch Run's girls program since its start, and in 2013 led the Panthers girls to the District Final for the second time during the program's six seasons.

He said this year's Birch Run team saw a different side of him as he pushed accountability a little bit harder. It's a lesson that doesn't lose significance, even as athletes change over the years and push boundaries in different ways.

"That's the biggest thing I try to pass on to them, their own self-responsibility and accounting for all of their actions," Enderle said. "Everything they do always has consequences."

Recording Sports Heat Index is a Breeze Online

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



Geoff Kimmerly, MHSAA

The MHSAA's Model Policy for Heat and Humidity approved last March is now in place for suggested use by schools beginning with the 2013-14 school year.

The policy, while not setting requirements for member schools, proposes actions based on heat index – the degree of felt discomfort derived by combining temperature and humidity measurements – that are designed to minimize the risk of heat-related illness during interscholastic participation. The procedures are mandatory for MHSAA tournaments beginning this fall.

To assist schools in monitoring and recording heat index during athletic activities, the MHSAA has provided assistance with equipment and software.

Discounted Heat and Humidity Monitors and Precision Heat Index Instruments are being offered to schools through a partnership between the MHSAA and Sports Health.

Additionally, MHSAA has developed interactive web pages on MHSAA.com which allow registered personnel to record weather conditions as practices and contests are taking place, using psychrometers.

"When the Representative Council was formulating the Heat and Humidity Policy, it was also mindful of ways in which the MHSAA could assist schools in putting the plan into practice," said MHSAA Director of Information Systems Tony Bihn.

"We realized coaches, athletic directors and trainers needed a quick method to record information for athletic directors to view. In turn, the MHSAA will benefit from valuable data generated by the program."

Administrators and coaches are reminded that the MHSAA Heat and Humidity Policy is applicable to indoor sports as well as outdoor competition. Early in the fall, gyms and pools can become quite steamy, and the same precautions for rest and hydration should be in place.

As of Sept. 5, 316 readings had been entered by schools, a modest start for the new policy, but unseasonably moderate temperatures yielded pleasant conditions for early fall practices around the state. When the temperature is below 80 degrees there is no combination of heat and humidity that will result in need to curtail activity, and thus schools do not need to enter data.

"Through our relationship with Sports Health, and with the excellent work of our I.T. staff, we've provided tools with which the policy can gain traction," said MHSAA Executive Director Jack Roberts. "We believe the foundation is in place, and we will continue to seek ways to help our schools."

Coaches may access the page by logging in to MHSAA.com, and navigating to "Coach Services," then "Heat Index Recordings." Once there, the coach can enter temperature and humidity, sport, date and time of day. They then have the option to have the system calculate the heat index or, if using a psychrometer, they can simply enter that number without clicking on the "Calculate" button.

Athletic directors can go to a similar screen where they can either enter the data, or simply view all of his or her school's readings using a variety of filters including date, sport, and heat index figures.

The following page illustrates the screens, and offers codes which can be scanned for mobile use.

MHSAA P-L-A-Y! Preparation Lasts All Year

Initiative and contest launched to encourage year-round activity

The MHSAA is focused on making school sports as safe as possible for student-athletes. And students can play a significant part by entering the first day of practice for any season in shape and ready for activity, especially if their sports begin during the final summer months when the weather is warmest.

Why it's important:

Get up, get ready: Athletes who enter practice in shape begin steps ahead, literally, of those who must focus on conditioning before advancing to more sport-specific training.

fitness topics, including injury and heat illness prevention. Visit the MHSAA "Health and Safety" web page to learn more.

And remember ...

PLAY *doesn't* mean scheduling more team-oriented offseason practices. It *does* mean recreation and fun and keeping active so athletes are better prepared when that first day of practice begins.

"Acclimatization and summer preparation for practice conditions are key parts of our focus on making school sports as healthy as possible for students," MHSAA Executive Director Jack Roberts



Avoid injury: Toned athletes stand a better chance of avoiding injury once more intense practices begin.

Beat the heat: The least-physically fit athletes can be most susceptible to heat illness once official practices begin. Also, high intensity training in hot, humid environments without a period of acclimatization is a common cause of heat illness.

What you can do:

Get up, get active: Put down the video game controller; turn off the smart phone. Pick one of a near-endless list of activities that will get you moving and keep you fit as the summer months wear on.

Prep Rally: Gather your classmates for a fun activity unrelated to the sport your team plays, and then tell us about it to win a chance at MHSAA Finals tickets for you and your friends. See the MHSAA P-L-A-Y web page under "Students" for information on future contests.

Get informed: The MHSAA has gathered a variety of sources on health and

said. "Our first Prep Rally contest this summer was designed to promote the importance of staying active during the offseason. We were excited to see Michigan's creative student-athletes find fun ways to stay active and fit, and we look forward to showcasing their ideas so they can be shared by students all over Michigan."

Activities were not to be centered on the sport in which those athletes compete, but rather on something recreational and fun. Nor did they have to be team-centered; special consideration was given to those that include students from a variety of sports participating together.

The winning school was announced Aug. 19, and is featured on the next page.

Posters promoting year-round activity can be downloaded from the MHSAA P-L-A-Y web page.



Fenton Captures First Prep Rally Contest

As one of Michigan's top high school swimming sprinters, Fenton senior Gabbi Haaraoja no doubt was in strong shape to start this summer.

But she and her Tigers teammates made sure to prepare for their preseason "survival trip" in August with plenty of miles running and yards swimming a local lake.

All that training paid off during three days and two nights at Pigeon River Country State Forest near Vanderbilt as the team prepared for the first practice day of 2013 and a run at a 10th-consecutive league championship.

With that preparation, the Tigers kicked off the title quest by winning the MHSAA's inaugural Prep Rally, a contest that was part of the MHSAA PLAY (Preparation Lasts All Year) initiative to encourage athletes to remain active during the off-season so they are prepared physically and acclimated to warm weather when practice begins in the fall.



courtesy of Fenton HS

"Being out in nature, it's really pretty there. You appreciate it more," Haaraoja said, then adding some tongue-in-cheek. "It definitely was fun. But it was a lot more work than what we were used to. I think I'm actually glad I'm a senior."

A hearty group of Fenton HS girls swimming and diving athletes prepped for a season in the water by hitting the land for a preseason "survival trip" en route to the inaugural MHSAA Prep Rally crown.

Athletes from Grosse Pointe Woods University Liggett and Beal City also were finalists. Participating athletes from Fenton's girls swimming and diving team will receive tickets to an MHSAA Final of their choice, during which they will be recognized for their achievement.

Fenton has taken similar training trips heading into all 14 seasons under Coach Brad Jones. Others have included activities like canoeing and dune climbing. The last four years, the team journeyed to El Cortez Beach Resort in Oscoda for some time on Lake Huron together before practice began.

This season's seniors asked to do something new. And it was a new experience for many in more ways than one.

The team left Aug. 11 and returned home two days later in time for the first day of practice. Jones took north 24 athletes, and some had never camped or slept outside. Six seniors made their fourth preseason trip with the team – but for 12 freshmen, this was their first experience as high schoolers.

That demographic made this summer's trip especially important for bonding. But it also had a desired effect physically – both heading into this fall and in setting expectations for the future.

"We were very up front that in August we're taking this trip, and you need to be able to go 6-7 miles walking. We put that out there early on," Jones said. "We have pretty good girls doing what they're needing to do outside of (swimming) training. You don't put your backpack on and your hiking shoes on for the first time in August."

Haaraoja said the hikes made it obvious quickly who had prepped during the summer and who needed to catch up. Seniors rotated throughout the line of teammates, so those who began a hike leading the group finished at the back with those working harder to keep in step.

Once in the woods, Jones split his athletes into four teams for a series of challenges that included building their own fires, cooking their own meals (they didn't receive food until the fire was started) and breaking camp the next day. One trail ran past a small lake, and the athletes swam across it in a relay to earn more points. Another relay-type event involved filling buckets with water.

The challenge champions received ice cream.

"By the time we get home, everybody knows everybody else," Jones said. "Once we get into training, the top girls are in one lane and the beginners are in another. So there's not a lot of interaction. But this gives the whole team a chance to get to know each other."

— Geoff Kimmerly
MHSAA Second Half Editor

Bring on 2013-14: Student Leadership Ready to Roll

The MHSAA gains valuable input during the school year from its Student Advisory Council, while providing leadership training to the 16-member group of seniors and juniors representing schools of all sizes from all over the state. In June, 13 current SAC members got a kick start to their upcoming duties with an overnight stay at Mystic Lake Camp near Farwell.

It was the third straight year the group convened for a summer session to meet one another and set goals for the coming school year.

Applications are closed for the Class of 2015, but students in the Class of 2016 can find information forms on the Student Advisory Council page of MHSAA.com. Selection for that class takes place in April 2014.



2013-14 Student Advisory Council. Front Row: Eliza Beird, Holland Black River; Emily Starck, Remus Chippewa Hills; Kiersten Mead, Saginaw Swan Valley; Madeleine Martindale, Lake Orion; Amanda Paull, Cheboygan; Caycee Turczyn, Lapeer West. Back Row: Jonathan Perry, McBain Northern Michigan Christian; Connor Thomas, Marlette; Emileigh Ferguson, Bear Lake; Coby Ryan, Manistique; Aaron Van Horn, Kingston; Zachary Nine, Pinconning; Grant Osborne, White Lake Lakeland. Not Pictured: Ryan Fischer, Grandville; Kristen Law, Bloomfield Hills Andover; Hayden Smith, Hamilton.

SAC Application Process

To be eligible for the committee, candidates must:

- Complete the official application, including the three short answer questions.
- Have a cumulative GPA of at least 3.0.
- Be available for all scheduled meetings, and possibly available for other commitments.
- Submit a letter of recommendation from an athletic director, principal or other school administrator stating why the candidate should be selected to the committee.

In addition, candidates should:

- Show a history of leadership on athletic teams as well as with other extracurricular activities, community service projects, or in the workplace.
- Show an understanding of the role of school sports, and have ideas for promoting a proper perspective for educational athletics.
- Applications for students in the graduating class of 2016 will be available this winter and due in mid April. Check back later for more information.

QUESTIONS? Contact Andy Frushour at the MHSAA – 517-332-5046 or afrushour@mhsaa.com.

SAC Belief Statement

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

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

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

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

SCHOLAR-ATHLETE AWARD APPLICATIONS

In 2013-14 we celebrate the 25th anniversary of the Farm Bureau Insurance sponsored MHSAA Scholar-Athlete Award. Throughout this school year we will celebrate the more than 600 past winners of this prestigious award. In 2013-14, 32 \$1,000 scholarships will again be awarded from a pool of the best and brightest high school seniors. Eligibility requirements and applications can be found at MHSAA.com on the “Students” page. Applications are due to the MHSAA on Dec. 6.

BATTLE OF THE FANS

The third annual MHSAA Battle of the Fans competition will take place again during the winter season. The contest, organized by the MHSAA Student Advisory Council, seeks to find the loudest, most organized, more fun and most positive student cheering section in the state. Students should begin filming their student sections this fall in preparation for the video deadline in early January. Buchanan HS is the defending champion, while Frankenmuth HS won in 2011-12. More details are available at <http://www.mhsaa.com/BOTF>.

STUDENT LEADERSHIP GRANTS

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

CAPTAINS CLINICS

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

Several clinics will take place in the coming year, and the MHSAA would love to come to your league. If you can get your entire league on board, guarantee 100-150 participants, and suggest a good location (preferably a school on a professional development day), the MHSAA will do the rest. The Association will coordinate the registration process, negotiate with facilities if necessary, provide the curriculum and supplies, work with the caterers and bring facilitators to the clinic.

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



MHSAA File Photo

The MHSAA Scholar-Athlete Award presentation each March is one of the highlights of the academic year.

The More Things Change . . .

The “MHSAA Vault” features stories from past publications and other correspondence in the MHSAA Library. This issue takes a look at how the mission of school sports has (or hasn’t) changed since 1955, when former MHSAA Executive Director Charles E. Forsythe presented this practicum to the University of Michigan.

Interscholastic Athletic Purposes and Problems

Presented by Charles E. Forsythe
Practicum in Physical Education
University of Michigan, Ann Arbor
Tuesday, June 21, 1955

I. WHY DO WE HAVE INTERSCHOLASTIC ATHLETICS IN OUR SCHOOLS?

1. To meet the urge for competition which is a basic American tradition – let’s keep it.
2. To provide a “whole school” interest and activity, bring in students other than athletes, enlist many student organizations.

“Awarding school letter to a student is the second-highest recognition his school can give him – his diploma at graduation is the highest.” — Charles E. Forsythe, 1955

3. To teach students habits of health, sanitation, and safety.
4. Athletics teach new skills and opportunities to improve those we have, this is basic educationally.
5. To provide opportunities for lasting friendships both with teammates and opponents.
6. To provide opportunity to exemplify and observe good sportsmanship which is good citizenship.
7. Athletics give students a chance to enjoy one of America’s greatest heritages, the right to play and compete.
8. One of the best ways to teach that a penalty follows the violation of a rule is through athletics.
9. There must be an early understanding by students that participation in athletics is a privilege which carries responsibilities with it. Awarding school letter to a student is the second-highest

recognition his school can give him – his diploma at graduation is the highest.

10. To consider interscholastic athletic squad as “advanced” classes for the teaching of special skills – similar to bands, orchestras, school play casts, members of debating teams, etc. There is no reason why a reasonable amount of attention should not be given to such groups – as well as to those in the middle and lower quartiles in our schools. Both leaders and followers must be taught.



II. BASIC PROBLEMS IN SECONDARY SCHOOL ATHLETIC PROGRAMS

1. There must be an equitable division of facilities and personnel between intramural and interscholastic athletics. Time, allotment, gymnasiums, and play fields, instructors, and student ratios are considerations.
2. The scope of sports activities to be sponsored by a school must be determined. This will vary with schools of different sizes. Only those activities should be included in which there will be: (a) Proper teaching and coaching; (b) Adequate equipment available; and (c) Satisfactory playing facilities. If definitely affirmative answers cannot be given in each of these three categories – the activity should not be sponsored by a school.



The greatest area of change in interscholastic athletics since the mid '50s has taken place in girls sports, where "playdays" and "festivals" were once the norm. The overriding mission of schools sports, however, remains much the same.

3. The length of schedules and frequency of contests must consider the participant and be justifiable educationally. Local, league, and state association standards can help in these matters.
4. Methods must be determined and fully understood for financing athletic programs. Is it sensible for boards of education to invest tax monies in facilities and personnel and then require that gate receipts must fully finance the interscholastic athletic programs?
5. The local school system must decide whether girls activities are to be included as a part of the school's interscholastic athletic program. In many states there are no interscholastic athletics for girls. In other states only the smaller schools have such programs. In some states there are state tournaments and meets in girls activities. Playdays and festivals are advocated.
6. Are junior high school athletics to be a part of the interscholastic athletic program? Philosophy of the junior high school is many and varied experiences for students rather than concentration on a few activities. Many educators believe this should apply to the athletic program in such schools.
7. Where is the responsibility for the interscholastic athletic program to be centered in a high school? Should coaching be limited to physical education instructors or may academic teachers also be coaches? What is the student-faculty relationship in the school organization that controls the interscholastic athletic program? Advocate a school athletic council; administrative responsibility centered in physical education department; coaches form any branch of the faculty if qualified.
8. The school must determine its policy in the care and payment of costs for injuries received by members of its athletic teams. Important that parents and athletes know this policy **before** injuries are received.
9. What authority is to be delegated to the athletic or physical education director coach, or faculty manager pertaining to contracts, eligibility, equipment schedules and officials? There must be a complete understanding in regard to the above between the individual or individuals concerned and the school administration.
10. A well-defined athletic policy must be in effect which has the approval and support of the board of education, the superintendent of schools, the high school principal, and the head of the athletic department in the school. This policy should be in printed form and be the result of united effort. It will be immeasurable aid in avoiding difficulties, resisting pressures, and keeping control of the athletic program in the school if constant reference is made to the athletic code of policy to which the school subscribes.
11. Membership of a high school in athletic or activities league or conference is highly recommended. Valuable because it allows small groups of schools collectively to face and meet problems and issues that individually would be difficult to solve. Growth of leagues has been tremendous in the last two decades.
12. Strong, well-administered state athletic or activity associations reflect good athletic programs in local schools. State athletic associations belong to the schools themselves – they are democratically administered by school officials. Schools should know their regulations, follow them, and support association executives in their enforcement.

Chrisinske, Inglis Honored with 2013 Bush Awards

Two athletic administrators respected as mentors and role models in their respective regions and throughout the state – **Dave Chrisinske** of Middleville Thornapple-Kellogg and **Cody Inglis** of Traverse City Central – have been named the recipients of the MHSAA's Allen W. Bush Award for 2013.

Al Bush served as executive director of the MHSAA for 10 years. The award honors individuals for past and continuing service to prep athletics as a coach, administrator, official, trainer, doctor or member of the media. The award was developed to bring recognition to men and women who are giving and serving without a lot of attention. This is the 22nd year of the award, with the selections being made by the MHSAA's Representative Council.

Chrisinske has served as an athletic director the last 21 years and for 36 years total in public and community education. He came to Thornapple-Kellogg in fall 2011 after 32 years with Allendale Public Schools, where he taught and coached before serving 19 years as athletic director and also as assistant principal and community education director. He has coached football, basketball, baseball and volleyball at school or youth levels, and also is a registered MHSAA volleyball official.

The 1972 graduate of Stockbridge High School also worked for Coopersville Community Education for two years after graduating with his bachelor's degree in group social studies from Grand Valley State University in 1977. He earned a master's degree in educational leadership from Grand Valley State in 1992 and became a Certified Athletic Administrator in 1997.

Chrisinske continues to lend his time and expertise to a number of committees and community efforts; he has served as a region representative for the Michigan Interscholastic Athletic Administrators Association for a decade, Chrisinske was recognized as the MIAAA Region IV Athletic Director of the year in 2004, and as Athletic Director of the Year by the West Michigan Officials Association in 2006 and West Michigan Umpires Association in 2011.

"Dave Chrisinske has become a go-to person in his league and community, always willing to share his knowledge and enthusiasm for high school athletics and serving student athletes," said Jack Roberts, executive director of the MHSAA. "His dedication shines through as well in his efforts with the MIAAA and as a frequent host of MHSAA tournaments. We are pleased to honor Dave Chrisinske with the Bush Award."

Inglis also has served as an athletic director at two high schools, dating to 1997. He spent 11



Dave Chrisinske



Cody Inglis

years at Suttons Bay, first as a teacher and also as assistant principal and middle school principal. He has spent the last five years as athletic director and assistant principal at Traverse City Central High School. Inglis is a 1989 graduate of Portage Northern High School and earned his bachelor's degree from Hope College and master's degree from Ohio University.

He coached boys and girls cross country and track and field at Suttons Bay from 1995-2008, leading his teams to numerous conference championships and the girls cross country team to a runner-up finish at the 2002 Lower Peninsula Division 4 Final. He was named Cross Country Coach of the Year after that season by the Michigan Interscholastic Track Coaches Association, and the MITCA Track Coach of the Year the following spring. He also served as an assistant coach for eight seasons for the Traverse City St. Francis-led cooperative hockey program.

Inglis has been a member of the MIAAA since 1997, became a Certified Athletic Administrator in 1999, and has served as an MIAAA region representative since 2001. He was named MIAAA Region 2 Athletic Director of the Year in 2003. Inglis was league treasurer and secretary for the Northwest Conference from 1997-2008 and has served as Big North Conference secretary since 2009.

He's also active in a number of community programs, including Boy Scouts, Big Brothers Big Sisters, Special Olympics, the Suttons Bay Township Recreation Committee, the Suttons Bay Art Festival and with his church.

"Cody Inglis is named time and again by his fellow athletic administrators as someone of integrity and character," Roberts said. "He's passed on these and various lessons to his coaches and athletes, but also as a regular speaker at the MIAAA's annual conference. His impact continues to affect those he works with regularly in the Traverse City area, but also others across our state. He is a deserving recipient of the Bush Award."

Soccer

1. During inspection of the field, the referees note that there is no spot or other suitable mark in the center of the field.
 - a) This is not permitted and the game may not begin until a suitable mark is made.
 - b) This is not permitted but the game may begin without it. The referee should notify the home team to correct the situation for future games.
 - c) This is permitted.
 - d) This is not permitted and the referees should create a mark before the game begins.

2. B7 is injured and is required to leave the field) Team B has no available substitutes and, therefore, must play short. Two minutes later, B7 has recovered from his injury and his coach has sent him to report in.
 - a) B7 may enter the game at the next legal substitution opportunity for his team.
 - b) B7 may enter the game at the next stoppage of play.
 - c) B7 may enter the game during the run of play.
 - d) B7 may not enter the game until he has been cleared by a doctor in writing.

3. B17 is being replaced on a legal substitution opportunity for his team.
 - a) B17 is considered to still be a player until he leaves the field of play.
 - b) B17 is considered to still be a player until his replacement, B12, is beckoned onto the field by the referee.
 - c) B17 is considered to still be a player until his replacement, B12, steps onto the field.
 - d) B17 is considered to still be a player until he has left the field and the game has been restarted.

4. After Team A scores a goal, the assistant referee hears the Team A head coach calling one of his players, A15, off the field. The assistant referee counts the Team A players now on the field and realizes that Team A had 12 players on the field when the goal was scored. The assistant referee notifies the referee of this. The referee should:
 - a) Allow the goal, caution A15 and restart with a kickoff by Team B)
 - b) Allow the goal and restart with a kickoff by Team B, with no caution to A15.
 - c) Disallow the goal, caution A15 and restart with a kickoff by Team B.
 - d) Disallow the goal, caution A15 and restart with a goal kick taken by Team B.
 - e) Disallow the goal, restart with a goal kick taken by Team B with no caution to A15.



High School Sports Scene

Football - continued

4. During the try for point, A16 pushes off from the defender and catches the pass in the end zone. The back judge properly rules offensive pass interference. Which of the following statements is true?
 - a. If Team B accepts the penalty, the try is no good and Team A does not get to replay the down.
 - b. If Team B accepts the penalty, the try is no good but Team A gets to replay the down. Snap the ball for the try from the 15 yard line (spot foul).
 - c. If Team B accepts the penalty, the try is no good but Team A gets to replay the down. Snap the ball for the try from the 18 yard line (previous spot foul).
 - d. None of the above.

Volleyball Answers: 1. c. (8-1-6); 2. b. (12-2-9h); 3. b. (9-6-7a); 4. a. (12-2-6)

Soccer Answers: 1. a. (1-2-4 Situation); 2. b. (3-3-7); 3. b. (18-1-1c); 4. d. (3-1-1 Situation B & 12-8-1)

Football Answers: 1. b. (7-5-10); 2. c. (9-6-4g); 3. b. (9-4-3l; 9-4-3l); 4. c. (7-5-10)

Michigan Concussion Laws and the MHSAA

PUBLIC ACTS 342 AND 343 (2012)

The law mandates that the Michigan Department of Community Health (MDCH) establish a concussion awareness website for youth sports sponsoring organizations (including schools) with educational material in non-MHSAA sports activities including physical education, intramurals, out-of-season activities, as well as out-of-season camps or clinics.

- Adult coaches must complete a one-time designated online concussion awareness course and the sponsoring organization maintain a record of completion.
- Students and parents must review concussion material and the organization maintain an acknowledgement of this material until age 18 or the student discontinues the activity.
- Participants with a suspected concussion must be withheld from activity and evaluated by an appropriate health care provider and not be returned to activity until written approval is provided by an appropriate health care provider. For MHSAA practices and competition, an MD or DO must provide written return to play. See MHSAA Concussion Protocol on MHSAA.com.

The MDCH Website is accessible through MHSAA.com Health & Safety Page or directly at michigan.gov/sportsconcussion.

The above laws became effective June 30, 2013, requiring all levels of schools and youth sports organizations to educate, train and collect forms for **non-MHSAA** activities including physical education classes, intramural and out-of-season camps or clinics. You may wish to share this information with others in your school district and youth sports groups in your community.

It should be understood that for MHSAA sports, the existing rules meeting completion requirement and concussion removal and return-to-play protocols, first begun in 2010, remain in effect. This includes that each school shall designate the person who shall evaluate suspected concussions. If a student is withheld from competition due to a suspected concussion, he or she may not return at all on that day and only on a subsequent day with the written clearance of **an MD or DO**. This is more stringent than the new law and must be followed for MHSAA competition and practices. Not adhering to this protocol results in ineligibility of the student and forfeiture of contests.

Compliance with other respects of the new concussion law is accomplished through a website of the Michigan Department of Community Health (MDCH) michigan.gov/sportsconcussion.

Following is a brief summary of what the new law is requiring youth sports organizations and schools to do for **non-MHSAA sport activities** such as physical education, intramurals and out-of-season or summer camps and clinics:

1. Adults (coaches and teachers) must complete a free online training course. There are two options on the MDCH website, one through the Centers for Disease Control (CDC.gov) and one through the National Federation of State High School Associations (NFHS.org). These courses are the only options to fulfill the adult training requirement unless attorneys for a school or organizing entity attest that their content has met the criteria of the law and accept liability. Schools should collect and file the certificate of completion for each adult.



2. Sponsoring organizations must provide educational training materials to students and parents and collect and maintain their signed statement of receipt of that information for the duration of the student's involvement with the organization, or age 18. The MDCH website's educational material is found under "Information for Parents & Athletes." The content of this material may not be altered, but it may be reformatted. The website also links to an "Acknowledgement Form" (under Popular Documents and Links). This form can be used as the signed statement, or the sponsoring organization may create its own form provided the content is similar. Some schools are including concussion information and signed statements with school registration and handbook materials, at first for all students and in subsequent years for new students.
3. Sponsoring organizations must follow the same concussion protocols for **non-MHSAA** events as is currently done for MHSAA sports when a student is suspected of a concussion. Sit them out, find out and do not allow them to return to practice or competition until cleared in writing. The new law requires sponsoring organizations to maintain a copy of any written clearance until the student is 18 years of age.

This is not intended to be legal advice. Schools should review the website and contact their own attorneys if they so choose. This is a summary to assist schools this spring so they are in compliance for activities beginning this summer and moving into the 2013-14 school year and beyond.

Concussion Clarity – Answering Your Questions

Public Acts 342 and 343 have given more than a few school and youth sport program administrators headaches as attempts are made to comply with the new concussion awareness requirements which became law on June 30, 2013. Schools and youth groups must provide educational training materials to students and parents and collect and maintain a signed statement of receipt of that information for the duration of the student's involvement with the organization or age 18.

Because the MHSAA had a more stringent protocol in place than the new law that involved forfeiture of contests if a possibly concussed student returned without written authorization from an MD or DO, the laws did not apply to MHSAA member schools in **interscholastic** activities. There are, however, many other athletic activities happening in a school that are covered by the law. The following may clarify some concussion awareness law issues for MHSAA member schools – based on uncounted inquiries to the MHSAA and good communication with the Michigan Department of Community Health.

1. The law applies to adults and students in physical education classes and non-MHSAA activities including out-of-season camps, clinics and conditioning.
2. Adults (coaches and teachers –paid or volunteer) must complete an online concussion training course and the school must hold documentation that this has been completed. There are two options on the MDCH Website that the MDCH has identified as meeting the criteria of the law: Center for Disease Control (CDC.gov) and National Federation of State High School Associations (NFHS.org). These online courses are the only options to fulfill the adult training requirement unless the attorneys for a school or organizing entity attest that their content has met the criteria of the law and accept liability.
3. Completing an MHSAA rules meeting only meets the requirement for a head coach to coach in the MHSAA tournament – it **does not fulfill** the concussion law training mandate for activities outside the MHSAA sports season.
4. A school or organizing entity may hold a group meeting of several staff, show one of the approved online concussion courses, record and vouch for completion of the test at the end of the course, and then collect individual documentation that the course was completed.
5. A school may hold a meeting of students and parents and then distribute and collect the educational material and acknowledgement forms.
6. The law applies to students K-12. Because almost every student is subject to the law, many schools implement the two main elements of the law to **all** students and staff **now**, and then in subsequent years to **new** students and staff. Many schools include the student-parent educational material in their school handbooks now and then for new students in the years ahead. MHSAA.com, Health and Safety, has an acceptable Microsoft Word document with the educational material schools can adapt for this purpose.

Officials Ratings

Schools are responsible for rating officials who officiate contests involving their teams in sports for which officials' ratings are maintained. Schools which fail to rate any officials during the season shall be subject to the penalties outlined under *MHSAA Handbook* Regulation V, Section 4. The school principal or athletic director shall verify that the ratings submitted are truthful and accurate, have met with the approval of the appropriate school administrator and are submitted on the school's behalf.

All Ratings are to be submitted online at MHSAA.com.

FALL DEADLINE: Dec. 1 WINTER DEADLINE: April 1 SPRING DEADLINE: June 1

The Only Official Interpretations are Those Received in Writing

MHSAA Representative Council

Dave Derocher**

Athletic Director
Reese High School
Class C-D — Northern Lower Peninsula

James Derocher**, President

Superintendent
Negaunee Public Schools
Class C-D — Upper Peninsula

Ken Dietz*

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

Scott Grimes**, Vice President

Assistant Superintendent of Human Services
Grand Haven Public Schools
Statewide At-Large

Kyle Guerrant (ex-officio)

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

Kris Isom*

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

Carmen Kennedy**

Principal
St. Clair Shores South Lake High School
Appointee

Maureen Klocke*

Athletic Director
Yale Public Schools
Appointee

Karen Leinaar*

Athletic Director
Bear Lake High School
Statewide At-Large

Jason Mellema*

Superintendent
Pewamo-Westphalia Schools
Junior High/Middle Schools

Orlando Medina**

Athletic Director
L'Anse Creuse High School
Appointee

Vic Michaels**, Secretary-Treasurer

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

Steve Newkirk**

Principal
Clare Middle School
Junior High/Middle Schools

Peter C. Ryan**

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

Fred Smith**

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

Paula Steele*

Principal
Perry High School
Appointee

John Thompson**

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

Al Unger*

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

Alvin Ward*

Administrator of Athletics
Detroit Public Schools
City of Detroit

*Term Expires December 2013

**Term Expires December 2014

REPRESENTATIVE COUNCIL CANDIDATES FOR SEPTEMBER 2013

Southwestern Section, Lower Peninsula -- Class C and D Schools

- Ken Dietz, Athletic Director, Watervliet High School
- Chris Miller, Athletic Director/Dean of Students, Gobles High School
- John Norton, Athletic Director/Assistant Principal, Bridgman High School

Southeastern Section, Lower Peninsula -- Class C and D Schools

- Kristen M. Isom, Athletic Director, Adrian-Madison High School

Upper Peninsula -- Class A and B Schools

- Al Unger, Athletic Director, Kingsford High School

Statewide At-Large

- Karen S. Leinaar, CAA, Athletic Director, Bear Lake Schools

Junior High/Middle Schools

- Don Gustafson, Superintendent, St. Ignace Area Schools
- Jason Mellema, Superintendent, Pewamo-Westphalia Community Schools

- Steve Muenzer, Teacher/Football & Basketball Coach, Fenton-Lake Fenton Middle School
- Kevin O'Rourke, Athletic Director, Rockford-North and East Middle Schools
- Don Watchowski, Athletic Director/Assistant Principal, Ortonville-Brandon School District

Detroit Public Schools

- Alvin Ward, Executive Director of Athletics, Detroit Public Schools

UPPER PENINSULA ATHLETIC COMMITTEE

Class D Schools

- Gary Brayak, Athletic Director, Rock-Mid Peninsula High School
- Dave Duncan, Athletic Director, Cedarville High School
- Jeff Markham, Athletic Director, Baraga Area Schools

Class C Schools

- Chris Hartman, Athletic Director, Iron Mountain Public Schools
- Sean Jacques, Athletic Director, Calumet High School

Class A and B Schools

- Matthew C. Houle, Athletic Director, Gladstone High School

Failure to Rate Officials

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

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

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

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

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

Following are schools failing to rate officials for the 2012-13 school year.

Failure to Rate Officials - Fall 2012

Football

Bridgeport
 Detroit-Cesar Chavez Academy
 Detroit-Mumford
 Detroit Westside Christian
 Grand Rapids-Creston
 Kingsley
 Muskegon Heights PSA
 Port Huron
 Port Huron Northern
 Saginaw Nouvel
 Sterling Heights

Girls Volleyball

Auburn Hills Christian
 Coldwater-Pansophia
 Detroit-Mumford
 Detroit-Plymouth Educational
 Detroit University Prep Detroit
 Westside Christian
 Grand Rapids-Creston
 Greenville-Grattan Academic
 Lawton
 Manistee Catholic Central
 Northport

Boys Soccer

Croswell-Lexington
 Grand Rapids-West Catholic
 Hamtramck-Frontier Int.
 Kalkaska
 Munising Baptist
 Parchment
 Royal Oak-Shrine Catholic
 Tecumseh

Failure to Rate Officials - Winter 2013

Boys Basketball

Dearborn-Riverside Academy
 Flint Northwestern
 Inkster
 Port Huron Northern
 Swartz Creek-Genesee Acad.

Lansing-New Coven

Muskegon-Way Point Academy
 Port Huron Northern
 Swartz Creek-Genesee Acad.
 Vanderbilt
 Warren-Michigan Collegiate

Ice Hockey

Highland-Milford

Girls Basketball

Birch Run
 Camden-Frontier
 Grand Marais-Burt Township
 Harper Woods-HEART

Girls Competitive Cheer

Armada
 Muskegon—Reeths-Puffer
 Port Huron Northern
 White Lake-Lakeland

Wrestling

Cheboygan
 Flint-Beecher
 Lawrence
 Linden-Lake Fenton
 Mt. Clemens
 Saginaw

Failure to Rate Officials - Spring 2013

Baseball

Constantine
 Detroit-Cass Technical
 Detroit-Henry Ford
 Ferndale
 Fowlerville
 Galesburg-Augusta
 Grand Rapids-Creston
 Inkster
 Melvindale ABT
 Mt. Clemens
 Pickford
 Pontiac Academy/Excellence
 Port Hope
 Saline-Washtenaw Christian
 Stephenson
 Taylor-Trillium Academy

Boys Lacrosse

Birmingham-Seaholm
 Royal Oak

Girls Lacrosse

Flushing
 South Lyon

Girls Soccer

Albion
 Ann Arbor-Rudolf Steiner
 Detroit-Mumford
 Fowlerville
 Grand Rapids-Creston
 Grass Lake
 Holt Lutheran
 Taylor-Baptist Park Christian
 Williamston

Girls Softball

Bellevue
 Dearborn-Advanced Tech
 Detroit-Cass Technical
 Detroit-DEPSA Early College
 Detroit-Mumford
 Harper Woods
 Harper Woods-Chandler Park
 Melvindale ABT
 Mt. Morris EAJ
 Plainwell
 Pontiac
 Pontiac Academy/Excellence
 Saginaw-Buena Vista
 Stephenson
 Warren-Michigan Collegiate
 Wayne Memorial

2012-13 Officials Reports Listing

(High Schools that received 3 or more negative Reports)

In accordance with the May 1996 Representative Council adoption of the “Comprehensive Sportsmanship Package” the names of schools that received three or more “concern” or “ejection” Officials Reports in the school year are listed in this report.

Royal Oak	17	Troy Athens	6	Fraser	4
Ann Arbor Pioneer	14	Walled Lake Northern	6	Galesburg-Augusta	4
Allen Park	13	Warren Mott	6	Garden City	4
Melvindale	13	Waterford Mott	6	Grand Haven	4
Dearborn Heights Crestwood	12	West Bloomfield	6	Grand Rapids Union	4
Grand Rapids Creston	11	Alma	5	Grosse Pointe Woods U Liggett	4
Holt	10	Alpena	5	Harbor Springs	4
Tecumseh	10	Battle Creek Central	5	Harrison Twp L'Anse Creuse	4
White Lake Lakeland	10	Cadillac	5	Haslett	4
Brownstown Woodhaven	9	Caledonia	5	Howell	4
Waterford Kettering	9	Cheboygan	5	Jackson	4
Westland John Glenn	9	Dearborn Heights Annapolis	5	Kalamazoo Loy Norrix	4
Davison	8	East Kentwood	5	Laingsburg	4
East Grand Rapids	8	Flint Northwestern	5	Lake Odessa Lakewood	4
Grosse Ile	8	Flushing	5	Livonia Franklin	4
Hartland	8	Gaylord	5	Madison Heights Lamphere	4
Onaway	8	Grosse Pointe South	5	Manistee	4
Rochester	8	Lake Orion	5	Marquette	4
Romeo	8	Lansing Eastern	5	Marshall	4
Sturgis	8	Lincoln Park	5	Monroe St Mary CC	4
Trenton	8	Livonia Churchill	5	Muskegon	4
Walled Lake Western	8	Macomb Dakota	5	Muskegon Orchard View	4
Bay City Central	7	Macomb L'Anse Creuse North	5	New Buffalo	4
Clarkston	7	Marysville	5	Niles Brandywine	4
Clinton Twp Chippewa Valley	7	Monroe	5	North Branch	4
Gladwin	7	Mt Clemens	5	Parchment	4
Goodrich	7	Negaunee	5	Plainwell	4
Grandville	7	New Baltimore Anchor Bay	5	Richmond	4
Grosse Pointe North	7	Novi	5	Sault Ste Marie	4
Jenison	7	Ortonville-Brandon	5	Sterling Heights Stevenson	4
Lansing Everett	7	Oxford	5	Utica Ford	4
Muskegon Mona Shores	7	Plymouth	5	Walled Lake Central	4
Northville	7	Riverview	5	Wyandotte Roosevelt	4
Port Huron	7	Rochester Hills Stoney Creek	5	Ypsilanti Lincoln	4
White Pigeon	7	Rockford	5	Adrian	3
Ann Arbor Skyline	6	Roseville	5	Ann Arbor Huron	3
Auburn Hills Avondale	6	Salem	5	Atlanta	3
Birmingham Brother Rice	6	Swartz Creek	5	Benton Harbor	3
Dexter	6	Warren DeLaSalle	5	Berkley	3
Genesee	6	Ada Forest Hills Eastern	4	Big Rapids	3
Gibraltar Carlson	6	Belleville	4	Birmingham Groves	3
Grand Rapids Kenowa Hills	6	Birch Run	4	Bloomfield Hills Lahser	3
Grand Rapids West Catholic	6	Birmingham Seaholm	4	Clinton Township Clintondale	3
Hudsonville	6	Canton	4	Dearborn Edsel Ford	3
Lowell	6	Carleton Airport	4	Dearborn Fordson	3
Mattawan	6	Caseville	4	Detroit U-D Jesuit	3
Milford	6	Cassopolis Ross Beatty	4	Fennville	3
Muskegon Heights PS Acad	6	Chelsea	4	Ferndale	3
Pinckney	6	Clio	4	Flint Southwestern	3
Portage Northern	6	Detroit Catholic Central	4	Grand Ledge	3
Taylor Truman	6	East Lansing	4	Grand Rapids Northview	3
Traverse City West	6	Farmington	4	Greenville	3
Troy	6	Flint Kearsley	4	Hastings	3

– continued next page

2012-13 Officials Reports Listing *(continued)*

Holland	3	Morley Stanwood	3	South Lyon	3
Holland West Ottawa	3	New Boston Huron	3	Southfield-Lathrup	3
Howard City Tri-County	3	North Farmington	3	St Clair	3
Kent City	3	North Muskegon	3	St Clair Shores Lakeview	3
Kingsford	3	Ogemaw Heights	3	St Joseph	3
Lansing Catholic	3	Okemos	3	Taylor Kennedy	3
Lansing Sexton	3	Orchard Lake St Mary's	3	Vestaburg	3
Lansing Waverly	3	Otisville Lakeville Memorial	3	Vicksburg	3
Lapeer West	3	Pewamo-Westphalia	3	Warren Cousino	3
Maple City Glen Lake	3	Port Huron Northern	3	Whitehall	3
Middleville Thornapple-Kellogg	3	Portage Central	3	Williamston	3
Midland	3	Redford Thurston	3	Zeeland East	3
Midland Dow	3	Riverview Gabriel Richard	3		
Montague	3	Rochester Adams	3		
Montrose Hill-McCloy	3	Royal Oak Shrine Catholic	3		

2012-13 Officials Reports Summary

CODE: P = Player C = Coach O = Other

Sport	Concern	Praise	P-Eject	C-Eject	O-Eject	Sportsmanship
Baseball	130	13	69	49	2	10
Boys Basketball	149	16	82	38	5	24
Boys Lacrosse	46	2	41	3	1	1
Boys Soccer	278	9	230	25	4	19
Boys Track	4	0	2	0	0	2
Competitive Cheer	1	0	0	0	0	1
Football	232	70	179	19	2	32
Girls Basketball	68	13	30	18	4	16
Girls Lacrosse	9	0	5	3	0	1
Ice Hockey	294	6	280	5	1	8
Softball	25	1	2	17	2	4
Girls Soccer	53	3	33	11	2	7
Volleyball	15	5	0	4	0	11
Wrestling	41	3	34	3	2	2

Reports of Concern	Distribution of Reports	
	No. of Schools	Reports of Praise
1	158	1
2	98	2
3	61	3
4	48	4
5	34	5
6	23	
7	13	
8	10	
9	3	
10	3	
11	1	
12	1	
13	2	
14	1	
17	1	

Teams Practicing Out-of-State Required to Submit Out-of-State Travel Form

The tradition of taking a team on a “spring trip” for practice only is a separate issue from sanctioning a competition. Any school which conducts practice sessions out of state at a site more than 600 miles round-trip must submit to the MHSAA office a Travel Form for Out-of-State Practice at least 30 days in advance of departure. This does not allow schools to compete in a scrimmage, practice or competition with a team from another school.

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

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

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

MHSAA catastrophic insurance does not cover such events.

The form can be found on the MHSAA Website. Pursuant to action of the Representative Council in May 2003, all schools which complete this form will be listed in *benchmarks* at the end of the school year.

A list of schools which completed the form in 2012-13 appears below.

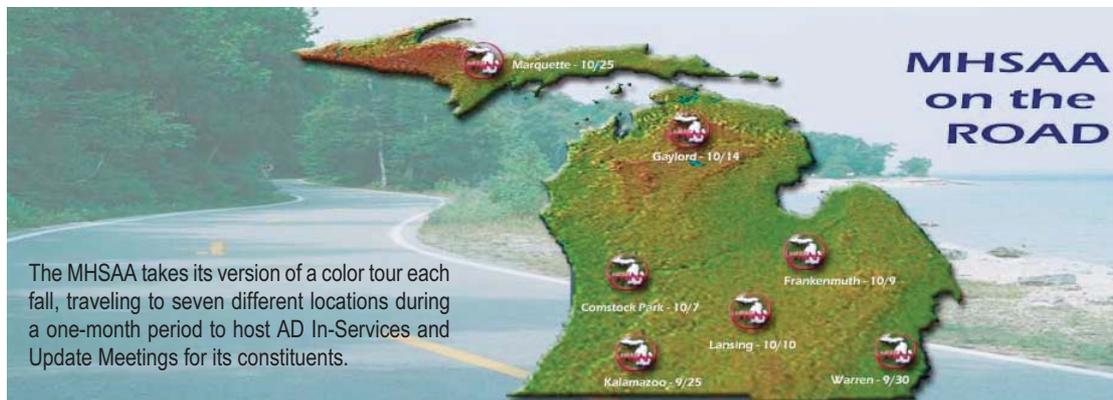
Schools Submitting Out-of-State Travel Forms for 2012-13

	FALL	Holland West Ottawa	Hemlock
None		Hudsonville	Holland-West Ottawa
		Lawrence	Holt
	WINTER	Marshall	Hudsonville
<i>Boys Swimming & Diving</i>		Mt. Pleasant Sacred Heart	Lake Odessa-Lakewood
Brighton		Otsego	Muskegon-Reeths Puffer
		Portland	Portland
		Saginaw Swan Valley	Saginaw Swan Valley
	SPRING	Saline	Saline
<i>Baseball</i>		Sand Creek	Southfield Christian
Adrian		St. Johns	University Liggett School
Benzie Central		Stevensville-Lakeshore	Wyoming
Brighton		Vermontville-Maple Valley	<i>Boys Golf</i>
Canton-Salem		Yale	Hamilton
Coldwater		Zeeland East	Southfield Christian
Cranbrook Kingswood			
DeWitt		<i>Softball</i>	<i>Boys Lacrosse</i>
East Kentwood		Alma	Bloomfield Hills Andover/Lahser
Essexville Garber		Anchor Bay	BH Cranbrook-Kingswood
Grand Ledge		Belding	
Grand Rapids Northview		Brighton	<i>Girls Soccer</i>
Grand Rapids South Christian		Chelsea	Saline
Grandville		Davison	
Gull Lake		East Kentwood	<i>Girls Tennis</i>
Hamilton		Eaton Rapids	Allegan
Hesperia		Flint Kearsley	BH Cranbrook-Kingswood
Hillsdale		Grand Ledge	Stevensville Lakeshore
		Hamilton	

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.

What's Happening at the MHSAA? We'll Tell You



The MHSAA takes its version of a color tour each fall, traveling to seven different locations during a one-month period to host AD In-Services and Update Meetings for its constituents.

There's no better opportunity to stay in touch with new developments within the MHSAA and hone your administrative skills than to attend one of the annual AD In-Service/Update Meetings each autumn in a neighboring community. The gatherings also give members a chance to offer face-to-face feedback, and also provide the MHSAA with valuable data through the annual Update Meeting Opinion Polls.

Beginning Sept. 25 in Kalamazoo and ending Oct. 25 in Marquette, the month-long tour literally spans the state to keep constituents informed and educated.

The cost per person is \$12 for the In-Service only; \$20 for the Update Meeting only; \$30 for combined sessions. Following are the dates and locations. In-Services begin at 8:30 a.m., followed by the Update Meetings at noon, except for the Oct. 28 session as noted below.

- Wednesday, Sept. 25 – Kalamazoo (Pine West)
- Monday, Sept. 30 – Warren (DeCarlos Banquet/Convention)
- Monday, Oct. 7 – Comstock Park (English Hills Country Club)
- Wednesday, Oct. 9 – Frankenmuth (Zehnders)
- Thursday, Oct. 10 – Lansing (Best Western Plus)
- Monday, Oct. 14 – Gaylord (Otsego Club & Resort)
- Friday, Oct. 25 – Marquette (Superior Dome, 10 a.m. – Update Meeting only; no fee or meal)

Registration forms can be accessed from the Administrators page of MHSAA.com, or downloaded to your mobile device by scanning this code.



Highlights Return To MHSAA.TV

The new school year brings with it a return to weekly packages of highlights produced by schools in the MHSAA's **School Broadcast Program**.

The School Broadcast Program gives member schools an opportunity to create video programming, with students gaining skills in announcing, camera operation, and graphics, using the software provided by PlayOn! Sports. The program also gives schools the opportunity to raise money through advertising and viewing subscriptions. As many as 60 MHSAA member schools annually participate in the program, now in its fifth year.

Schools interested in becoming a part of the School Broadcast Program should contact John Johnson at the MHSAA Office: john@mhsaa.com

Meanwhile, a Friday night staple for prep fans has become *MHSAA Football Friday Overtime*, airing at midnight on FOX Sports Detroit. Mickey York and Rob Rubick host the weekly 30-minute highlights show. The program re-airs on Saturdays and Sundays.

Listen to the weekly radio commentary, *MHSAA Perspective* – presented by the Michigan Army National Guard – which has now grown to a total of 81 radio stations and audio webcast sites across the state. The program runs for 30 weeks through the end of the winter sports season. *MHSAA Perspective* can also be accessed from the home page of the MHSAA Website.

**MICHIGAN HIGH SCHOOL
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