

mhsca

Founded: August 15, 1955

EXECUTIVE BOARDExecutive Director
James M. Okler,Email: MHSCA1954@gmail.comExecutive Secretary
Mark HoldrenEmail: mholdren.11@gmail.comPresident
Debbie Williams-Hoak1st Vice President
Darrin Millar2nd Vice President
Ron Landfair3rd Vice President
Dave KowalskiPast President
Ted McIntyre**MEMBER ASSOCIATIONS**

MIAAA: Athletic Directors

MHBCA: Baseball

BCAM: Basketball

MHSBCA: Bowling

CCCAM: Competitive Cheer

MHSFCA: Football

MIGCA: Golf

MHSGCJA: Gymnastics

MHSICA: Men's Ice Hockey

MHSICA: Men's Lacrosse

MHWLCA: Women's Lacrosse

MHSSCA: Skiing

MHSSCA: Softball

MISCA: Swimming & Diving

MHSTeCA: Tennis

MITCA: Track & Field &
Cross Country

MIVCA: Volleyball

MWA: Wrestling

CONTACT INFORMATIONWEBSITE: mhsca.org

PHONE: 517-526-4575

The Michigan Coach

THE OFFICIAL PUBLICATION OF THE MICHIGAN HIGH SCHOOL COACHES ASSOCIATION

MICHIGAN HIGH SCHOOL COACHES ASSOCIATION

854 Marshall street, Portland 48875

M.I.S.C.A.**Michigan Interscholastic Swim Coaches Association**

The Power of Focus

One of the messages I try to get across to young swimmers is this: You can't study while you're swimming. In fact, your brain could use some rest from the books.

It's a simple concept: Focus on what you're doing while you're doing it, and try to shut out all the other things until it's time to focus on them. If you can develop this kind of razor-sharp focus, you'll do each thing much more effectively.

I've learned things mostly through experience, or from watching. I've got a tremendous amount of experience in this, and I usually learn best when things are going wrong. I'll give just a bit of background. I was the only kid in my family not to make National Honor Society. I was an OK student, but man I wanted to swim. So I'd train and train, not worrying about my grades until the end of the semester reared its ugly head. It was only then that I realized I had to buckle down. So I'd start cramming. I'd read as much as I could, and when I realized I was way behind, I'd start to worry. When it was time for practice, I'd head to the pool, jump in, and worry about how far behind I was in school. I was so concerned about grades that I wasn't really training. I was just going back and forth thinking about math and history and English – all in a big jumble in my head. Of course, my performance in practice would suffer. Then I'd race back home after practice to hit the books. But wouldn't you know it...all I could dwell on was the terrible practice I'd just had. I had it all backwards. I'd think about

swimming while I was supposed to be studying, and I'd think about studying while I was supposed to be swimming.

It's so easy to see the pattern now that I'm older. (Wisdom comes with age, and parents are much smarter than kids give them credit for.) It's not productive to cram for anything – whether it's a final exam or a championship swim meet. It's so much easier to start early, and to find time to focus each day on each of the things that matters in your life, whether it's swimming or school or friends and family. If you make it a habit to wait till the last minute and have to cram for finals, you're exactly like the athlete who gets committed to training two weeks prior to the championship meet. I've seen it a thousand times! With the big meet coming up, everyone starts to focus and panic a bit. They try to cram in all the technique, training, and knowledge about their race as possible. It's like the night before your final in Econ... your freshman year in college...the time you had a bad grade average and had to do great on the test... or it was summer school.

If you have to cram for everything in your life, it usually means you aren't prepared, and that you need to work on your ability to focus. If you actually follow along with the timeline, and focus on the thing you're doing while you're doing it, you'll find that everything starts to work better. When you swim fast, you feel better. When you feel better, you gain self-confidence. When you're self-confident, you feel smarter. The reverse can happen as well. If you're caught up in school and doing well, the success will carry over into your swimming. It's all tied together. Success breeds success.

With a few months yet to go before the end of the school year, there's still time to start studying now so you don't have to cram for exams. It's easier if you focus on one subject at a time. The same thing goes if you're headed into championships in swimming. Success is all about focus and preparation. It's about having a plan, and doing your best to start that plan as early as possible.

Glenn Mills, a member of the 1980 US Olympic Swim Team, is founder of GoSwim.tv. Check out his website and technique videos at www.goswim.tv.



Michigan High School Sport Association
Coaches Clinic/Events
MIAAA: March 19-22, 2021 Virtually
Baseball: January 2022 TBA
BCAM-Basketball: October 2-3, 2021 at Oakland University.
Bowling : October 2021 TBA
MITCA: Cross Country: 2021 TBA
Competitive Cheer: October 2021 TBA
Football: January 2022 TBA
Golf: 2021 TBA
Gymnastics : October 2021 TBA
Men's Lacrosse: January TBA
Skiing: October 2021 @ TBA
Softball: February 2022 TBA
Swimming: September 2021 Site: TBA
Tennis: February TBA
Track & Field: 2022 TBA
Volleyball: TBA -2021
Wrestling: Nov. 2021 TBA
NHSACA Convention: Lincoln, Nebraska July 26 to 29, 2021

MHSCA COACHING RECOGNITION

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

*The AD or principal's signature confirms this.

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

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

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

This can be at any level. You cannot however count more than one level or

season for a sport in any one year.

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

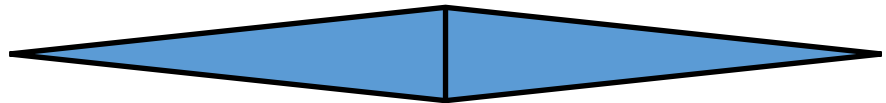
Up to three (3) years may be included for active duty military service which delayed or interrupted an applicant's coaching career.

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

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

For more information go to www.mhsca.org or contact Mike Jolly at

E-mail to: dlsathletics@aol.com



MHSCA Past President John Cunningham

Is it about money?

College budget cuts:
Football-nope, Basketball-nope, Gymnastics-why not?

Free Press coverage:
Football: high school-predict, report, (east, west, city, etc.) all-star teams.

Basketball: high school-predict, report, all-star teams, Mr. and Miss basketball.

Gymnastics: Is there room on page 17 for a couple lines about State Championships?

Venues for Championships:
Football: Ford Field
Basketball: Should we play at Michigan or Michigan State?
Gymnastics: Let's host two MHSAA Regionals at the same high school on the same day!

SO.... does money have anything to do with these decisions?



Greetings from the NHSACA Executive Board,

April Newsletter from the



We hope that you had a wonderful Easter holiday and a restful spring break. We are all eagerly looking forward to returning to our annual summer convention. It will be great to see all of you again! Our Executive Board has a formal meeting scheduled for May 2nd as we continue to prepare for the National Convention.

You should be proud of all the work these people have put in throughout last couple of years. Please continue to do everything possible to rally the COTY finalists and the HOF inductees. People are always asking about the favorite events in my coaching career.

They are usually surprised to find that it was a state championship that we lost, acts of kindness my team displayed at events, or fundraising milestones for charities. What is best about sports is the life lessons we all learn.

We as coaches are very fortunate to get to watch our athletes play the game.

The fans get to see the game too, but what is unique for us is that we get to see the game from the inside and we get the privilege of knowing our athletes for the people they are.

There are so many things that go into this, but there are a few things that I was able to see this year that made me stop and think.

We went through the girls' basketball season with no losses and we were playing for the regional championship.

We are a fairly young team and had only three seniors. These three seniors started every game for us all year and they all were an instrumental part of our successful season.



We had beaten the team we played in the championship game earlier in the season, so the kids thought they had a good chance.

From the start of the game that opposing team shot the lights out. When we came further out on them, they just backed up and scored.

It started to feel like they were shooting from our bench. We were down by eighteen points and when we started the second half it wasn't going much better.

We decided to play a younger set of girls who were stronger defensive players, but not as prolific scorers and we started to climb back into the game and eventually did pull it out.

I felt that our kids showed mental toughness. We hear about that all the time but what is mental toughness?

Now that is not the story, there is an inside story. All three seniors were sitting on the bench in what could have been the last game in their lives. I have had kids whine and complain many times in my career about playing time.

These kids did none of that. They cheered louder than anyone had cheered on the bench all year and there was no one happier in the win.

It was amazing to watch. Everyone has a role to play on a team and wouldn't it be nice if everyone could learn to accept their roles.

Now that is a life lesson. They never gave up and kept fighting even though they could have let their

emotions rule the day.

A few years ago, we had a great speaker at one of our conventions named Spencer Wood.

He talked about the 4 C's of Peak Performance. Composure, Confidence, Concentration, and Commitment saying that the mental part of your performance is more important than the physical. I remember him asking if we were a thermometer or a thermostat.

A thermometer just expresses what is going on in his environment whereas a thermostat adjusts to the environment and makes changes to accommodate it. He said a person's peak performance level is a balance between being too high and too low. The best athletes achieve aggressive poise or a perfect balance all the time.

Dr. Wood felt that we have to constantly be aware of this and it takes practice just like everything else.

He wanted people to be aware of the triggers that set a person off and be prepared ahead of time to know how to react to them.

He said that we have external triggers and internal triggers which we must learn to control.

An athlete who can master his mind is never mastered by others.

We were taught that we need to be able to admit our triggers to get past them and that it is tough to get past our egos.

Dr. Wood also felt we have our highest level of confidence from preparation.

We need to let go of past mistakes and have a go-to sentence that we could rely on.

Something like, I am better than this and I am best when it counts the most. People are so locked into their own mistakes and everyone holds on to the bad things longest.

Those that dwell on failure are not successful. It is said that there is a reason you have a small rearview mirror in the car and a large windshield in the front. Leave the past behind and look to the future.

He felt the true measure of mental toughness is how fast you can move from the mental mistakes into the future. The faster you are, the more mentally tough you are.

That is what they mean when they say you have to have a short memory. It is hard to teach kids to just let it go but it is essential.

These are life lessons that we learn through sports, not just athletic lessons.

Most people would do well to learn how to have aggressive poise and not let their emotions control their actions. And we as coach's know that too.

Athletics are part of our educational system intentionally. We are all meant to learn and improve.

Enjoy the end of the year, it is always hectic.

3rd Vice-President

Tim Wallstrum



2021 NHSACA National Convention
July 26-29, 2021
Lincoln, NE

GATORADE

THE SPORTS FUEL COMPANY™

Sports Nutrition 101: Fueling & Hydrating The Athlete

Amy Goodson, MS, RD, CSSD, LD, SPORTS DIETITIAN

Sports nutrition can be the key to fueling your athlete's success.

PRE-WORKOUT

- Eat meals 3-4 hours before a workout. Aim for meals that are high in carbohydrate, moderate in protein and low in fat and fiber

- Examples of pre-workout meals based on workout times:



- **EARLY MORNING TRAINING:** Energy bar and a banana or a baggie of dry cereal, granola, and a few nuts or shake with fruit and low-fat milk



- **MID-MORNING TRAINING:** 1 ½ cups oatmeal w/ 1 spoon peanut butter mixed in, 1 fruit, 12 oz low-fat milk mixed with 1 scoop whey powder



- **AFTERNOON TRAINING:** Thick wheat bread sandwich w/ 3-5 oz turkey or ham, cheese, lettuce, tomato, mustard, 1 cup cold pasta or fruit, small energy bar

• SNACK APPROXIMATELY 30 MINUTES BEFORE WORKOUT



- High carbohydrate, low protein
- **EXAMPLES:** energy bar, granola bar, fruit, small fruit smoothie

DURING-WORKOUT

- **WHEN WORKING OUT FOR AN HOUR OR LONGER,** athletes should consume 30-60 g of carbohydrate per hour to keep energy levels up



- High carbohydrate, low to no protein, no fat
- **EXAMPLES:** Gatorade, small energy bar, small chewy granola bar, fruit, crackers

POST-WORKOUT

• RECOMMEND ATHLETES EAT AS SOON AS THEY CAN POST-WORKOUT

- Eat a snack shortly after exercise and then a full meal within 2 hours

• POST-WORKOUT SNACK IDEAS:



- Gatorade Recover Bar
- 1 cup fruit yogurt w/ granola
- Smoothie: 1-2 cups low-fat milk, fruit, and 1 scoop whey protein powder
- Trail mix w/ 1 cup cereal, 1 cup granola, small amount of nuts

• MEAL 1-2 HOURS POST-WORKOUT IDEAS:



- 2 egg/ 2 egg-white omelet with low-fat cheese, veggies if you like, and ½ cup chopped lean ham, 2 whole-wheat waffles with low-fat butter and drizzle syrup



- 12" sub sandwich on wheat or honey oat w/ veggies, lean meat and cheese, baked chips and fruit



- 5 oz grilled chicken breast, 2 cups pasta w/ marinara sauce, 1 cup green veggie, 1 wheat roll, 1 piece fruit



- 1 grilled chicken sandwich, 1 bag Baked Lay's, energy bar and fruit



- 1 whole wheat bagel w/ 3 oz lean ham and Swiss cheese, 1 cup cold pasta salad, energy bar

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VISIT PERFORMANCEPARTNER.GATORADE.COM FOR MORE

Michigan High School Coaches Association Insurance Program

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

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

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

to others.

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

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

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

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

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

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

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

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

Loomis & LaPann, Inc.

INSURANCE SINCE 1852

Camp Insurance Coaches Assoc. High School Assoc. K



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

854 Marshall Street, Portland, MI 48875
E-mail: mhsca1954@gmail.com

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

Executive Board

MICHIGAN HIGH SCHOOL COACHES ASSOCIATION

HALL OF FAME APPLICATION

Executive Director:

Jim Okler,

Executive Secretary:

Mark F. Holdren

President:

Debbie Williams-Hoak

1st Vice President

Darrin Millar

2nd Vice President

Ron Landfair

3rd Vice President

Dave Kowalski

Past President

Ted McIntyre

Criteria for Application: Only persons who have coached and/or directed a secondary school athletics program for 20 years or more and actively coached in Michigan for a minimum of 10 years are eligible for the MHSCA Hall of Fame. The applicant must have been a member of the association (MHSCA), in good standing, and an active member of the association two years prior to nomination into the Hall of Fame. In addition to the application, the nominee will need to have two letters of support sent to the address at the bottom.

Contact Information

Date of Birth: _____

Name of Candidate: _____ Phone: _____

Home Address: _____ City: _____ State: _____ Zip: _____

Candidate E-mail: (please print carefully) _____

School _____ Phone: _____

Address: _____ City: _____ State: _____ Zip: _____

Athletic Director Name: _____ Phone: _____

E-Mail Address _____ FAX Number _____

Nominator's Name: _____ Phone: _____

Home Address _____ City: _____ State: _____ Zip: _____

E-mail: (please print carefully) _____

Coaching and/or Athletic Director Record (Please include all that you can on this form)

School	Sport	Years	# of Seasons	Won-Loss Record, Summary
Example Smithville HS	Basketball	1969—2008	48	600-20; 34 League, 20 Reg. 10 State Titles
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Number of years as a Coach: _____ Number of years as an Athletic Director: _____ Combined Total: _____

Coaching Honors Listed _____

Service to Sports Associations and/or Community (sports associations, committees, leadership roles, service clubs, church organizations, etc.) _____

Please send application, photograph (5 x 7) and have 2 letters of support forwarded to:

Mr. Mark Holdren, 854 Marshall Street, Portland, MI 48875

For more information contact: mholdern.11@gmail.com or call: 517-526-4575

(Please feel free to use additional sheet for providing information)

Executive Committees

Rich Tompkins Multi-Sport Athlete Award

Larry Merx

Service Award

Mike Jolly

Constitution

Kim Spalsbury

Finance

Steve Porter, Darrin Millar & Sue Miller

Member Associations

MIAAA: Athletic Directors

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MICHIGAN HIGH SCHOOL COACHES ASSOCIATION/GATORADE

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

GENERAL REQUIREMENTS

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

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

PROCEDURE FOR RECEIVING AWARD

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

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

MHSCA APPLICATION FOR YEARS COACHING SERVICE AWARD

___ 15 Years ___ 20 Years ___ 25 Years ___ 30 Years ___ 35 Years ___ 40 Years ___ 45 Years ___ 50 Years

Name (as it is to appear on award) _____

Best Phone _____ Email Address: _____

Home Address _____

Home City _____ Home State _____ Home Zip _____

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

MHSCA Membership Card #: _____ Year: _____

Signature of Coach _____

Signature of AD or Principal * _____ Phone Number: _____

Printed Name of Administrator: _____ Email: _____

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

or E-mail to: dlsathletics@aol.com. Be sure to include your Year-by-Year Summary Sheet.

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

Member Associations

MIAAA: Athletic Directors

MHSBCA: Baseball

BCAM: Basketball

MHSBCA: Bowling

CCCAM: Competitive Cheer

MHSFCA: Football

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MHSSCA: Skiing

MHSSCA: Softball

MISCA: Swimming & Diving

MHSTeCA: Tennis

MITCA: Track & Field &
Cross Country

MIVCA: Volleyball



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MHSSCA: Softball

MISCA: Swimming & Diving

MHSTeCA: Tennis

MITCA: Track & Field &
Cross Country

MIVCA: Volleyball

MWA: Wrestling

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

SPORT CODE

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

SCHOOL or SERVICE CODE

(Example)

MCHS	Mt. Clemens HS
USAF	US Air Force



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Cell: 734-223-8490

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

The MHSCA Distinguished Service Award:

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

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

Executive Committees

Rich Tompkins Multi-Sport Athlete Award

Larry Merx

Service Award

Mike Jolly

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Kim Spalsbury

Finance

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

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

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

Required information for completed application:

Name of MHSCA Distinguished Service Award Nominee:

School or Sport Affiliation:

Email:

Mobile Phone

Nominated by:

Email:

Mobile Phone:

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

Completed application can be submitted to MHSca1954@gmail.com

Member Associations

MIAAA: Athletic Directors

MHSBCA: Baseball

BCAM: Basketball

MHSIBCA: Bowling

CCCAM: Competitive Cheer

MHSFCA: Football

MIGCA: Golf

MHSGCJA: Gymnastics

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Past President

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Rich Tompkins Multi-Sport

Athlete Award

Larry Merx

Service Award

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MHSCA –Board of Directors Meeting

DATE: SUNDAY MARCH 7, 2021 @ 10:00 A.M. BUDGET COMMITTEE, 11:30A.M.-12:30 P.M. NHSACA FINALIST & HOF INDUCTEES CONVENTION REVIEW
12:30 P.M. UNTIL 3:00 P.M. BOARD OF DIRECTORS MEETING

Zoom Meeting (One link will be utilized for all meetings)

<https://us02web.zoom.us/j/89666783984?pwd=Zk1XeVYrNTItazNRWGxiNS9oSzUxQT09>

Agenda

- 1) **Call to Order:** Jim Okler, Executive Director
 - At 12:35pm
- 2) **Welcome:** Introduce Guest & Board Members
 - Mrs. Kathy Vrugink-Westdorp:
 - MHSAA CAP program – developing coaching education.
 - Role in recognizing NFHS Awards program – cooperation between MHSCA and MHSAA. The importance of the specific sport association to support the nomination and recognition process. MUST complete the online form to be completed by nominated coach for national recognition. Consideration of longevity, service to sport and coaching philosophy is an important part of the evaluation process.
 - MHSAA Presidents meeting was held with a COVID updates, and mental health components.
 - Greg Jolly: Loomis & LaPann Insurance
 - NOCAD Insurance Program - Master Liability: a year around coverage – season and out of season coaching camps. Each association should have their own board policy – to cover board and committee members if someone sues any decisions. No coverage for transportation of athletes. Schools may provide liability coverage who use own cars on behalf of the school. Camp insurance (for profit and non-profit) – need a waiver signed by parents, provide accident insurance. All Star events must be approved by the sports association in order to be covered.
- 3) **Approval of November 2020 Meeting Minutes:**

Kim Spalsbury moved to accept the November 2020 Minutes as presented, Darrin Millar seconded. Board Vote: Passed

4) Presidents Report: Ted McIntyre

- Meeting agenda – approved to accept agenda as presented.
- Associations Updates:
 - Baseball – no report
 - Basketball – no report
 - Bowling – Dave Kowalski – 2 sites are not scheduled to a bowling center. Format will be a one-day event. 10 singles advance from boys and the same with girls.
 - Cheerleading – Anna Ramirez – scheduling for regionals is difficult. Districts and regionals have been adjusted this year. 8 teams at state finals. Some scholarships have been awarded.
 - Football – Larry Merx – Late starting and interrupted season, Virtual Clinic – largest registration. Would like to do a hybrid clinic next year. Virtual awards banquet.
 - Golf – Deb Williams-Hoak – can have full fields for spring events. Season is being delayed a week. MIGCA Board is working on all-state selections, still working on all-state girl's banquet. Combining banquet and golf outing. Website developing educational component. DEI – LPGA working on developing an inclusion initiative.
 - Gymnastics – John Cunningham – League is separated by times in gyms. Working on developing the schedule to allow for the state competition.
 - Hockey – Don Wright – about a week from regionals, first year using MPR for seeding purposes. Two weeks of playoffs. Webinars for players and coaches. Virtual all state.
 - Lacrosse – no report



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- o Athletic Trainers – Mitch Smeljs (Fenton HS) – 1500 licensed trainers – 900 members of state association. Partner with MIAAA as presenters. Association is helping to promote sport safety.
- o MITCA – Steve Porter – Track looks like it could be close to a normal season. Two clinics – awards were presented virtually. Good value but not want it to be as good as the onsite clinic.
- o MIAAA – Karen Leinaar – clinic virtual, concerns about schedules and covid. Retirements are increasing.
- o Ski – Sue Miller – sport was allowed to compete and complete the season. Restrictions were felt as resorts enforced local covid limitations. Middle school state meet was a huge success.
- o Softball – no report
- o Swimming – Darrin Millar – regionals and state championships (held on west side of state). One day meets are scheduled for state level meets.
- o Tennis – Will Sophiaa – (Holly) format of boys season was changed due to covid concerns. Spring is pushed back a week. Partnered with USTA for some virtual instruction.
- o Volleyball – Jodi Manore – season was able to finish with state tournament was paused but was able to complete. All state meeting were held on zoom – relied on videos for consideration. No clinic this spring. Trying to update website to communicate. Facebook live – chats. Scheduling is up in the air for the fall with unknowns.
- o Wrestling – Mark Holdren – Girls State is co-hosted by MWA and MHSAA, we are masking in practices but with testing able to compete without a mask, MHSAA is having a difficult time finding district and regional sites.

5) Treasurer's Report:

- Budget Committee Report – Darrin Millar
 - o Reviewed and established 2021-2022 proposed budgets. This is the first time in 6 years, at least, that a proposed budget has been established.
 - Included the board stipend for Executive positions. The stipend amount has been the same since I have been the Executive Secretary in 2014-15. (Jim Okler, Executive Director, has never taken his stipend.)
 - \$4000.00 Executive Director
 - \$2000.00 Executive Secretary
 - o Next Budget Committee Meeting Topics:
 - Investment of Savings – Mark Holdren will contact Ed Schindler (Frankfort), RW Baird Representative, invests for the Football Association. Eschindler@RWBaird.com
 - Amazon Prime Simile Program as fundraiser
- Budget Review-Checking & Saving Balance Report – Mark Holdren (3-7-21)

o Portland Federal Credit Union:	Savings	\$ 30,043.11
	Checking	<u>\$ 81,719.17</u>
		\$111,762.28
- Membership Dues update:



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Year	15-16		16-17		17-18		18-19		19-20		20-21	
Association	Paid Members	Paid Insurance	Paid Members	Paid Insurance	Paid Members	Paid Insurance	Paid Members	Paid Insurance	Paid Members	Paid Insurance	Paid Members	Paid Insurance
Baseball	600	842	600	762	600	705	600	792	600	630		
Basketball	600	0	600	0	600	0	600	0	600	0	600	0
Bowling	272	0	295	0	278	0	337	330	346	346		
Cheerleading	522	522	476	476	480	480	484	484	569	569		
Football	600	1564	600	1925	600	1987	600	1992	600	1956	600	2173
Golf	363	0	388	0	410	0	381	0	250	0		
Gymnastics	38	38	36	36	48	48	53	53	47	47		
Hockey											100	100
Lacrosse - Mens	120	120	130	130	122	122	120	120	84	84		
Lacrosse - Womens					54	54						
MITCA	600	1087	600	1072	600	1029	600	1038	600	1026		
Ski	111	111	110	110	127	127	152	152	173	173		
Softball	600	673	600	720	600	691	600	660	488	488		
Swimming	442	442	453	453	432	432	418	418	435	435		
Tennis	290	0	292	0	288	0	273	0	200	0		
Volleyball	335	0	184	0	255	0	379	0	597	0	562	0
Wrestling	446	446	600	647	583	583	600	741	600	752		
Athletic Directors									200	0	200	0
Total	5939	5845	5964	6331	6077	6258	6197	6780	6389	6306	2062	2273

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YTD Budget Review & presentation

Dave Kowalski moved to adjust the proposed budget for the line items of Membership Fees to 34,000 and Insurance Fees to 33,000, Darrin Millar seconded. Board Vote: Passed

o 2020-21 column is a year to date revenue and expense report

(3-7-2021)



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	MHSCA Year Budget	Proposed	2020 21
Item	REVENUE		
1	Membership Fees	\$ 34,000.00	\$ 14,255.00
2	Insurance Fees	\$ 33,000.00	\$ 13,045.00
3	Hall of Fame Banquet	\$ 7,000.00	\$ -
4	Coach of the Year Banquet	\$ 3,400.00	\$ 0
5	Donations	\$ 5,000.00	\$ 5,000.00
6	Dividend/Interest	\$ 30.00	\$ 24.26
7	Advertizing		
8	Misc. Revenue	\$ 60.00	\$ 2,940.00
	Total REVENUE	\$ 82,490.00	\$ 35,264.26
Item	EXPENDITURES		
9	National Association Dues	\$ 1,400.00	\$ (1,400.00)
10	Insurance Payment	\$ 33,000.00	\$ (31,657.96)
11	Hall of Fame Banquet	\$ 11,000.00	\$ (1,587.22)
12	Coach of the Year Banquet	\$ 5,000.00	\$ (2,332.88)
13	Executive Director Compensation	\$ 4,000.00	
14	Executive Director Travel Expenses	\$ 200.00	\$ -
15	Executive Secretary Compensation	\$ 2,000.00	\$ (599.00)
16	Executive Secretary Travel Expenses	\$ 1,500.00	\$ -
17	Executive Board Meetings	\$ 1,000.00	\$ 0
18	Executive Board Mileage	\$ 3,600.00	\$ -
19	Technology Expenses	\$ 1,500.00	\$ (1,505.74)
20	National Conferences	\$ 7,100.00	\$ -
21	Special Projects	\$ 500.00	\$ (294.46)
22	Service Awards	\$ 500.00	\$ (475.60)
23	Multi-Sport Awards	\$ 950.00	\$ -
24	Supplies	\$ 500.00	\$ (165.33)
25	Tax Prep Documentation	\$ 605.00	\$ (605.00)
26	Postage	\$ 300.00	
27	Misc. Expenses	\$ 50.00	\$ (3.06)
	Year REVENUE	\$ 82,490.00	\$ 35,264.26
	Year EXPENDITURES	\$ 74,705.00	\$ (37,577.06)
	Year NET INCOME	\$ 7,785.00	\$ (2,312.80)

Darrin Millar moved the board to accept the budget as presented, Sue Miller seconded. Board Vote: Passed

6) Executive Secretary:

- Review 2020 MHSCA HOF Ceremony – Mark Holdren
 - The Hall of Fame Banquet was canceled due to COVID restrictions. Inductees were introduced and recognized via a ZOOM ceremony which was recorded and posted on the MWA website. The Hall of Fame Class of 2020 will be invited to the 2021 banquet on September 19, 2021.

Criteria for Application: Only persons who have coached and/or directed a secondary school athletics (6-12) program for 20 years or more and actively coached in the state of Michigan for a minimum of 10 years are eligible for the MHSCA Hall of Fame. The applicant must have been a member of their sport's association two years prior to application and the applicant's sport association must be a member in good standing with the MHSCA. In addition, the nominee will need two letters of support.

- 2021 MHSCA – Hall of Fame Inductee Recommendations from Selection Committee – Mark Holdren
 - Tony Birg – Springport



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Wrestling - League COTY 4x, MWA Regional COTY 4x, Record 223-80, 7 League Titles, 7 District titles, 59 League Individual League Champions, 59 All State Individuals

o Leon Orin Braisted, III – Brother Rice and Marian

Boy's and Girl's Golf - Record 2,863-366, GLF-G: State Championship (7), State Runners Up (6), Regional Champions (18x), CHSL Champions (2X), GLF-B: State Runners Up (3x), State Top Ten (3x)
Coaching Highlights: NHSACA COTY (18), NFHS COTY (18), Regional COTY, State COTY, MHSCA COTY (3x)

o Brian Gordon – Novi and Royal Oak

Baseball - BASE: Record 419-221, League Titles (5x), District Titles (4x), a Regional Title, District COTY (5), Regional COTY (2x), MHSBCA All-Star Coach, Detroit News COTY, Oakland County COTY.

o Michael Turner – Trenton

Hockey - HOCK: Record 629-125-52, Regional Champions (20x), State Runners Up (4x), State Champions (11x), Coached 4x Mr. Hockey Players, MHSCA COTY, NHSACA COTY Finalist (3x), NHSACA COTY Winner, USA Today - National High School COTY, NHICA Section 4 Finalist, NHICA COTY

o Steve Zaranek – Grosse Pointe South

Cross Country and Track - CC-G: Record 416-46, League Champions (28), State Champions (11), TRK-G: Record 281-33, Regional Champions (21), State Champions (3x), MITCA DI COTY TRK (3x), MITCA DI COTY CC, NHSACA COTY Finalist

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Athlete Award

Larry Merx

Service Award

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Kim Spalsbury – moved board to approve the Hall of Fame Committee's recommendation to induct the presented Class of 2021 in to the MHSCA Hall of Fame, John Cunningham seconded. Board Vote: Passed

• 2022 NHSACA Hall of Fame Inductees – Jim Okler

- o Kim Spalsbury and Diane Laffy – were approved for induction in 2021, but due to covid concerns the induction banquet was moved to 2022.

Sue Miller moved to move the 2021 approved Hall of Fame nominees to 2022, Darrin Millar seconded. Board Vote: Passed

7) Constitution Committee-Kim Spalsbury:

- Review any proposed updates-
 - o Section a) Joint Membership:
 - 1) A new constituent athletic sports association may be accepted by the Board of Directors upon application for membership of said association to the MHSCA.
 - 2) Approval of new constituent association applications for MHSCA membership by the Board of Directors will be subject to consideration of but not be limited to evidence of applicant's association administrative organization (constitution and bylaws), number of association members (individual coaches) commitment to pay annual dues to the MHSCA, years of existence, and evidence of service to sports specific association members.

Karen Leinaar moved to accept the constitutional amendment language, Darrin Millar seconded. Board Vote: Passed

8) Ascension of Officers, Election 3rd VP, Election of Secretary, and Election of Executive Positions- Jim Okler:

Kim Spalsbury moved to ascend the officers – Ron Land to 2nd Vice President, Darrin Millar to 1st Vice President, Debbie Williams-Hoak to President and Ted McIntyre to Past President, Jim Okler seconded. Board Vote: Passed

Mark Holdren nominated Dave Kowalski for the open 3rd Vice President position, Ron Landfair seconded: Board Vote: Passed

Kim Spalsbury nominated Sue Miller as Secretary, John Cunningham seconded. Board Vote: Passed

Sue Miller nominated Mark Holdren to continue as the Executive Secretary for 2021-2022, Darrin Millar seconded. Board Vote: Passed

Sue Miller nominated Jim Okler to continue as the Executive Director for 2021-2022, Darrin Millar seconded. Board Vote: Passed

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9) 3-Sports Awards/Service Awards/MHSAA/NOCAD Social Media/Diversity/MHSCA DSA/ Reports:

- Larry Merx- Multi Sport Award
 - Covid restrictions will not count against the multi-sport criteria of 12 sports.
 - Start the process by March 15 and end on April 15.
 - Add a statement about the NCAA compliance process in the notification letter to the student.
- Mike Jolly-Service Awards – no report
- Mark Holdren & Larry Merx-MHSAA Presidents Meeting November, 2020 Report
 - The meeting agenda was directed toward answering sport related questions concerning COVID.
- Mark Holdren-NOCAD ZOOM Meeting January 15, 2021
 - Mark Holdren – Elected to Board of Directors
 - NOCAD Insurance – A sum \$50,000 was secured on behalf of NOCAD through the help of Greg Jolly with Loomis and LaPann Insurance, Houston Casualty, underwriter of the NOCAD insurance policy to return a portion of the premiums paid because coaches have not been coaching due to the pandemic. Michigan's portion was \$2,900 which is about 1% of the total premium paid.
 - NOCAD Insurance – at this time there is not an anticipated increase in insurance premiums, but due to the total losses by insurance companies this past year nothing can be guaranteed. Rates will be determined by the summer months.
- Social Media-Darrin Millar
 - Views are increasing with all releases to our associations.
 - Add Cheerleading twitter account, and check on the Trainers association.
- Diversity Committee: -Ron Landfair
 - Need to review Code of Ethics and Constitution
 - Inclusion or Diversity issue should be thought out before putting it into action and not as political tool
- 2021 MHSCA DSA –Jim Okler
 - Kim Spalsbury – DSA recognition 2021

Jim Okler moved to accept the recommendation by the Hall of Fam Committee to recognize Kim Spalsbury for the 2021 Distinguished Service Award. Board Vote: Passed

10) Unfinished Business:

- Gatorade – looking forward to delivery for winter sports
- 2019/20/21 NHSACA Finalist & HOF inductees
 - Explanation of the updated timeline – next class is to nominate for 2022
- Newsletter Articles Assignments – as posted in materials
- Calendars: Review 2020-21 & Establish 2021-22
- MHSCA Apparel – paused because of covid.
- Kim Spalsbury volunteered to arrange and pay for those people going to NHSACA Convention to get a dry fit t-shirt for the event.

11) New Business:

- Press releases & P.R. for association
- Sponsorships- Amazon Smile program – work with the budget committee
- 2021-22 MHSCA/NFHS/NHSCA-COTY Nominations form & Due Date: July 1, 2021
- NHSACA Award Criteria – coaches can be nominated every 3 years or when a coach retires.
- NHSACA Assistant COTY
- 40 under 40 Award – can do at any time – contact "Coach & AD" Magazine
- NFHS/NHSCA-Handouts
- NFHS Awards-Process/Notifications
- Executive Director Report
 - Communication is being worked on with the board
 - A Summer "to do" list is being developed

2021-22 Association Camps/Clinics/ Senior Events

- Need updates-Dates & Sites



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2020-21 MHSCA Calendrer of Events

Gatorade Delivery: May 2021, @ TBA

NHSACA Annual Convention: July 26-29@ Lincoln, Ned.

2021-22 MHSCA Calendrer of Events

MHSCA/NFHS & NHSACA COTY Nominations Due: July 1, 2021

Fall Board of Directors Meeting: Sunday, September 19 @ 9:00 A.M. CMU Boyce Center

Hall of Fame Induction Ceremony: September 19, @ 12:00 P.M. CMU Boyce Center

NFHS & NHSACA COTY Nominations sent to National Office October 1, 2021

Winter Board Meeting: Sunday, November 7, @ 9:00 A.M. Lansing Area

2021 Coach of the Year Ceremony: Sunday November 7, @ 12:00 P.M. Lansing Area

MHSAA President Meeting: TBA.

MHSCA Hall of Fame Selection meeting Tuesday February 8, @ 9:00 a.m. Site-MHSAA

MHSCA Budget Committee Meeting Sunday March 6, @ 10:00 A.M. Site Lansing Area

MHSCA Spring Meeting Sunday March 6, @ 12:00 P.M. Site Lansing Area

Gatorade Delivery: May 2022, @ TBA

NHSACA Annual Convention: Dates July-Nebraska

MHSCA/NFHS & NHSACA COTY Nominations Due: July 1, 2022

Next Meeting: September 19, 2021 Time: 9:00 AM Site: CMU

Adjournment:

o At 3:37pm

Sponsorship Opportunities

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

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

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

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

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

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

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

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

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

- Recognition/Advertising in Coach of the Year Awards Program

- Complimentary exhibit booth during the awards day banquets

- Active link on MHSCA website

Sponsor a MHSCA Service Awards Station: \$3000.00

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

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

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

MHSCA Contact Information:

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

Phone: 517.526.4575

The MHSCA Board of Directors Meetings & Events

- Board of Directors Fall Board Meeting 9-19-21
- Hall of Fame Banquet September 19, 2021 @ CMU Board of Directors Winter Board Meeting & COTY Banquet November 7, 2021 @ Lansing Area
- MHSCA Hall of Fame Committee Meeting, February 9, 2021 @ conducted **Virtually**
- MHSCA Finance Committee meeting, March 7, 2021 @ conducted **Virtually**
- Board of Directors Spring Board Meeting March 7, 2021 conducted **Virtually**


MHSCA BOARD OF DIRECTORS & EXECUTIVE COMMITTEES CALENDAR

MHSCA Sponsors



Executive Director

James M. Okler, CMAA
MHSCA1954@gmail.com