

The Michigan Coach

THE OFFICIAL PUBLICATION OF THE MICHIGAN HIGH SCHOOL COACHES ASSOCIATION

MICHIGAN HIGH SCHOOL COACHES ASSOCIATION
854 Marshall street, Portland 48875

mhsca

Founded: August 15, 1955

EXECUTIVE BOARD

Executive Director
James M. Okler,

Email: MHSCA1954@gmail.com

Executive Secretary
Mark Holdren

Email: mholdren.11@gmail.com

President
Debbie Williams-Hoak

1st Vice President
Darrin Millar

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MEMBER ASSOCIATIONS

MIAAA: Athletic Directors

MHSBCA: Baseball

BCAM: Basketball

MHSBCA: Bowling

CCCAM: Competitive Cheer

MHSFCA: Football

MIGCA: Golf

MHSGCJA: Gymnastics

MHSHCA: Men's Ice Hockey

MHSLCA: 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 INFORMATION

WEBSITE: mhsca.org

PHONE: 517-526-4575

2023 National High School Athletic Coaches Associations Coach of the Year Finalist for Michigan

The National High School Athletic Coaches Association National Coaches Association announces the 2023 NHSACA Coach of the Year nominees.

The national convention will be hosted by the Nebraska's Coaches Association in Lincoln, Nebraska from July 24, 2023 to July 27, 2023.

In addition, there will be a NHSACA National Coaches Hall of Fame Ceremony and a NHSACA National Coach of the Year Ceremony to recognize the best of the best.

The NHSACA selection of these finalist reflects positively upon their school and community.

Nominee's selections have been based on the performance of their program over the years and/or their contribution to the sport, school, and community. These were some of the criteria to determine selection. It is indeed an honor to have been selected as one of the eight finalists for NHSACA Coach of the Year in their sport from the entire nation of nominees.

Mr. Grant Fanning, Boys Assistant, Chelsea High School

Mr. Tyrone Spencer, Football, Detroit Martin Luther King High School

Ms. Jill Evers, Girls Cross Country, Kent City High School

Mr. Scott Werner, Girls Track & Field, Pewamo-Westphalia High School



John Lober of Traverse City Central & Larry Seger of Thornapple Kellogg Schools Middleville these two legendary Michigan high school coaches will be inducted into the National High School Athletic Coaches Association Hall of Fame July 25 2023 in Lincoln, Nebraska. The National High School Athletic Coaches Association the professional organization of school coaches and athletic directors, (NHSACA) will induct Coach Lober & Coach Seger along with member states of the NHSACA. The award will be presented July 25th as part of the NHSACA annual conference which takes place July 24-27 at the NHSACA Annual Conference in which over 500 coaches an athletic directors will participate.



John Lober, a coaching legend at Traverse City Central High School, Lober oversaw the boys track and field team at Central for 52 years, from 1977 until his retirement in 2021, also serving as head cross country coach for 27 of those years (1989-2016).

In 2015, NHSACA named him National Track Coach of the Year, and he's long been a member of numerous noted halls of fame, including for the Michigan High School Coaches Association and for Traverse City Central High School.

This particular induction puts Lober in even more rarified air, making him just the third Traverse City

Central coach to make the NHSACA Hall of Fame.



Larry Seger coached the men's varsity tennis team from 1969-2008 for a total of 40 seasons at Thornapple Kellogg Schools.

His team earning eight conference titles, two regional titles, and had two All-State singles players.

He also coached the women's varsity tennis team from 1974-2020 for a total of 46 seasons earning 14 conference titles, three regional titles and had four All-State singles players.



His combined dual season record is 741-345 – third best of all time. Seger also has 52 tournament wins and 10 undefeated teams (dual seasons) to his credit.

At the State Tournament his teams had 13 top 15 finishes, seven top

10 finishes and three

top 5 finishes.

A dedicated and supportive coach, Larry wanted his athletes to "be the best they could, and by emphasizing this over winning, the wins and years just kept coming!"





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Rich Tompkins Multi-Sport Athlete Award

Larry Merx

Service Award

Mike Jolly

Constitution

Kim Spalsbury

Finance

Steve Porter, Darrin Millar & Sue Miller

Understanding & Appreciating Interdependence & Mental Health

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2023 NFHS National Coach of the Year Honors

The NFHS, which has been recognizing coaches through an awards program since 1982, honors coaches in the top 10 girls sports and top 10 boys sports (by participation numbers), and in two "other" sports – one for boys and one for girls – that are not included in the top 10 listings. The NFHS also recognizes a spirit coach as a separate award category. Winners of NFHS awards must be active coaches during the year for which they receive their award. This year's awards recognize coaches for the 2021-22 school year.



COACHES ASSOCIATION

The National Federation of High School Association the professional organization of school coaches and athletic directors, (NFHS) has selected Ms. Jill Evers of Kent City, as National Coach of the Year in Girls Cross Country plus the following individuals as 2022 State, & or Section Coaches of the Year in their sport for Michigan.

The National Federation of High School Association, the professional organization of school coaches and athletic directors, (NFHS) has selected the following individuals as 2023 State, & or Section Coaches of the Year in their sport for Michigan.

Gjon Djokaj, Boys Basketball, Warren De La Salle, NFHS State Recipient, Nathan Goerge, Girls Basketball, Fowler, NFHS State Recipient,

Jay Puffpaff, Boys Cross Country, St. Louis, NFHS State Recipient,

Phil Kerr Girls Golf, Montague, NFHS State Recipient, Joe Curcurru, Girls Lacrosse, Forest Hills Norther/Eastern, NFHS State Recipient,

Bryan Davis, Girls Bowling, Davison, NFHS State Recipient,

Dick Balasy, Boys Ice Hockey, Midland Dow, NFHS State Recipient, Steve Bowyer, Boys Swimming & Diving, West Ottawa, NFHS State Recipient,

Milton Briggs, Girls Swimming & Diving, East Grand Rapids, NFHS State Recipient,

Brian Miska, Boys Tennis, Troy, NFHS State Recipient,

Pam Porter, Girls Tennis, Stevensville Lakeshore, NFHS State Recipient,

Jonathan Rodriguez, Boys Track & Field, Berrien Springs, NFHS State Recipient,

Heather Sawyer, Girls Volleyball, Battle Creek Lakeview, NFHS State Recipient,

Bubba Gritter, Boys Wrestling, Grandville, NFHS State Recipient,

Ron Hebert, Boys Lacrosse, Lake Orion, NFHS State Recipient & Section Recipient,

Scott Werner, Girls Track & Field, Pewamo Westphalia, State Recipient & Section Recipient,

Mr. Mark Posey, Boys Golf, Big Rapids, State Recipient & Section Recipient

Congratulations to all the MHSOCA finalists, and their sports association, which they represent. The selection and nomination for these awards comes from your sport association and through the Michi-

gan High School Coaches Association for national recommendation of honors.

The NFHS selection of these individuals from Michigan as State, or Section Coaches of the Year reflects positively upon their school and your community. Nominee's selections have been based on the performance of their programs over the years and/or their contribution to the sport, school, and community. These were some of the criteria to determine the selection.

To view all of the NFHS awards please visit the link to the site, <https://nfhs.org/CoachAwards/Search>. Please note, award materials will be furnished by the NFHS, and remember to contact us as often as needed if we could assist with anything.



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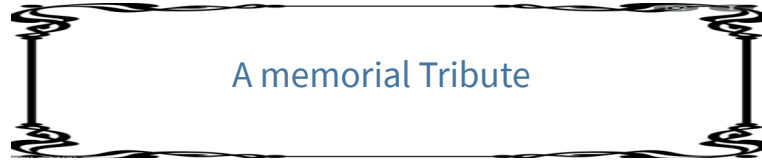
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A memorial Tribute

The Michigan High School Coaches Association asks for your assistance so that we can share information about the lives of coaches who are no longer with us as a tribute in memoriam.

Please help us by forwarding as much of the following information as you are able to Jim Okler at [MHSCA1954 @ gmail.com](mailto:MHSca1954@gmail.com).

1. The school/s at which they coached.
2. The sports coached. The years they coached.

The MHSCA will share, when possible, the information with our membership on a regular basis. We hope this memorial tribute will be a meaningful way to help us remember, grieve and celebrate the lives of those coaches lost from our ranks.

Note: As this is a new initiative, frequency and manor of the memorial tribute may be subject to revision.



Thomas M. LaFramboise was born May 3, 1943. He loved all sports and after a stellar high school career, graduating from Lincoln Park High School in 1961, he attended the University of Louisville as a scholar athlete where he excelled at both football and baseball. While playing football at Louisville for the

years 1962-1964 he had 239 completed passes, 2755 yards and a QB rating of 96.6.

He was drafted in the NFL as a Quarterback for the Chicago Bears in 1964.

He was also being recruited by the Dallas Cowboys and received a letter of intent. After a short NFL career, he decided his best path was to be an educator.

He was a teacher and a football coach at Ypsilanti Lincoln Consolidated and Grosse Ile High School.

He coached football for over 34 years, had 1 Conference Championship, was named Regional Coach of the Year by the Ypsilanti

Press, News Herald Coach of the year 1991, MHSFBCA Hall of Fame in 1994, two sport inductee to the University of Louisville Hall of Fame 2000, and Lincoln Park Sports Hall of Fame 2002.

Tom loved and excelled at golf. He had two hole in ones, won the Club Championship at West Shore Golf and Country Club in 1993 and the Senior Club Championship in 1994. He passed away peacefully on January 25, 2023.

The family will host a celebration of life service on April 17, 2023, at St. Joseph Catholic Church in Trenton, Michigan, with visitation at 9:30 a.m. followed by Mass of Christian Burial at 10 a.m.



Follow us on Twitter @MHSCA1

We are also now on Facebook!



Coach Glen Bagnall passed in Late January. Arrangements are still pending.



GLEN BAGNALL

Grosse Ile High School (retired)

Glen spent 36 years coaching, all at Grosse Ile High School. His teams have won 381 and lost 313. Included are nine League titles, 10 Districts and one Regional.

He has served on the B.C.A.M. Executive Board since 1978, and served as President in 1983 and 1984. He organized and is Chairman of the Hall of Fame.

Glen has been Huron League Coach of the Year several times, four times in the 1980s, Downriver Coach of the Year, B.C.A.M. Region I Coach of the Year 1987-1988 and Detroit Free Press Metro Coach 1987. He has served as Vice Chairman and State Chairman of Region IV of the N.H.S.A.C.A. He is also a member of Michigan High School Coaches Hall of Fame.





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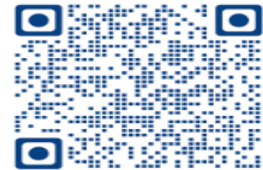


Rich Tompkins Multi-Sport Athlete Award

NOMINATIONS CLOSE • 15 April 2023

Nominations at:
<https://forms.gle/cevGt1AcU989mB597>
Or Scan Code at Right

TO OPEN NOMINATION FORM
SCAN THIS CODE:



Each school in the state of Michigan is eligible to submit one female and one male athlete.

Criteria:

- Each athlete must have participated in a minimum THREE school sponsored sports in all FOUR years of high school AT ANY LEVEL - Frosh, JV, Varsity. *Excluding COVID Spring Season 2020.
- Applications must be submitted ONLINE by April 15.

Who Can Submit a Nomination

- Nominations must be made in the name of the school's athletic Administrator or a school principal.

Award Levels:

- All nominees who meet the basic criteria will receive a certificate in acknowledgement.
 - **State-Wide Award:**
 1. If they believe their nominee/s may be the most accomplished of all qualified nominees of their gender and school class (A, B, C, D) in the State of Michigan. Nominators will have the option to proceed to part two of the Nomination Form and include additional information about their candidate/s,
 2. One female and one male athlete in each class will be selected for the State-Wide award.
 3. Awards will be presented (whenever possible) during a Senior or Spring Sports event at the student's high school.
- *State-Wide Award winners will also receive a Rich Tompkins MHSCA scholarship.

To Complete the Online Nomination Form – Collect the Following Information:

Nominator's

- School Phone number
- Email address

Athlete's

- Address
- Phone number
- Email address

School's

- Name
- Address
- Class (A B C D)

Athlete's

- Academic Rank
 - GPA
 - Academic Honors
 - Test Scores (ACT &/or SAT)
 - Fall, Winter and Spring Sports & years participated in each (9, 10, 11, 12)
- For Part Two/Best is State Consideration**
- Individual honors won in Fall, Winter, and Spring Sports and years in which each were won

Team's

- Honors won by athlete's Fall, Winter & Spring teams
- Athlete's Additional Accomplishments**
- Other School Awards
 - Community Activities
 - Community Awards
 - Post High School Plans

Nominations must be submitted ONLINE ONLY by 15 April

Nominators: Must be an Athletic Administrator or School Principal. By signing completing the form, the nominator declares

that the nominated athlete is a student of very good standing in their school and community.

Nomination form @ <https://forms.gle/cevGt1AcU989mB597> or scan code above.

Nomination form will be available starting: 15 March and MUST Be Completed by 15 April

Questions: LarryMerx@gmail.com

The Board of Directors of the Michigan High School Coaches Association is seeking a highly motivated, responsible, and organized individual for the position of Multi Sport Chair. The multi sport chair will report directly to the Board of Directors.

Job responsibilities include, but are not limited to, the following:

Dealing with a variety of parent, athletic director and coach inquires.

Organizational skills to

Multi-Sport Chair Position

complete background work of MSA

Dealing with payment for scholarship funds

Working with the post office to do mailings.

Doing all bookkeeping using current software.

Organizing a seasonal award presentation and Distribution of MSA awards - when appropriate and necessary.

Creating and sending out email blasts to association members for

MSA events and membership reminders.

Creating and printing of all materials for the Annual MSA information.

Serve as a direct liaison between the association and the MHSCA Board of Directors.

Coordinate with MHSCA Media chair to post and maintain information on webpage.

Coordinate with MHSCA for housing and travel for any events

in conjunction with the MSA for board members.

Coordinate with MHSCA BOD chairs and monitor process to communicate MSA awards information.

Exercise fiscal responsibility by operating within approved budget and established guidelines.

The individual chosen as the Multi Sport Chair must have strong Interpersonal communication skills (verbal and written) and the ability to disseminate information in a timely manner.

Letter of interest should be sent to President, Debbie Williams Hoak (MHSca1954@gmail.com) no later than March 12, 2023.

Michigan High School Sport Association
Coaches Clinic/Events
MIAAA: March 15-18, 2023 at Grand Traverse Summer Workshop June 2023 at Mt. Pleasant
Baseball: January 12 & 13, 2024 at Soaring Eagle, Mt. Pleasant
BCAM-Basketball: September 30—October 1 2023 at Oakland University.
Bowling : October 2023 @ TBA
MITCA: Cross Country: 2023 November 9-11th Mt. Pleasant, Comfort
Competitive Cheer: October 2023
Football: January 11-13, 2024 at Lansing Center
Golf: February 2023, Clinic, East Lansing, August 2023, Clinic, COTY, HOF Banquet, Golf, Treetops Resort
Gymnastics : October 2023 TBA
Ice Hockey October, 2023 & once a month clinic on Sunday nights. See MIHCA Website
Men's Lacrosse: January 18-20 2024 Baltimore Convention Center Baltimore, MD
Skiing: October, 2023 @ TBA
Softball: January 12 & 13, 2024 at Mt. Pleasant, Comfort Inn
Sports SAGES: March 2023 Boyne Mountain
Swimming: September 2023 Site:
Tennis: January 26, 27, 2024 Site Hope College
Track & Field: January 25, 26, & 27 2024 at Lansing, Crowne Plaza Lansing West
Volleyball: February 24-25 at Midland HS
Wrestling: Nov. 2023 See MWA website
NHSACA Convention: Lincoln Nebraska July 24-27



GENERAL LIABILITY INSURANCE PROGRAM

As a membership benefit, coverage is provided by the Commercial General Liability Policy issued to the National Organization of Coaches Association Directors. This policy will provide general liability coverage to the Michigan High School Coaches Association and its members.

CARRIER

HDI Global Specialty (A Rated)

POLICY PERIOD

August 1, 2021 – August 1, 2022

LIMITS OF INSURANCE

\$1,000,000	Each Occurrence
\$2,000,000	General Aggregate (per Member)
\$1,000,000	Products/Completed Operations
\$1,000,000	Personal & Advertising Injury
\$ 300,000	Fire Damage
\$ 50,000	Sexual Abuse (per Member)
Excluded	Medical Payments

COVERAGES

- ❖ Educator Professional Liability
- ❖ Participant Legal Liability for insured members
- ❖ Liability assumed under insured written contract
- ❖ Defense Cost outside limits

EXCLUSIONS

- ❖ The use of automobiles, buses, watercraft and aircraft
- ❖ Property of others in the care, custody, and control of the insured.
- ❖ This insurance does not apply to members that coach at an All-Star game that is not approved by your state coaches association.
- ❖ This insurance does not apply to any loss, cost or expense arising out of infectious or communicable disease.

CAMP INSURANCE

Today, most Coaches are involved in some type of sports camp. Please note that our General Liability Program follows insured members while working at camps and/or conducting their own personal camp.

In addition, Participant/Accident Coverage is required for coaches and/or participants. Should an accident occur during a camp, clinic or event, this secondary coverage helps offset the loss suffered by families affected by such accidents.

NEW PROCEDURE FOR CAMP INSURANCE

As a member benefit of your state coaches association, all members in good standing have a \$1,000,000 per occurrence General Liability policy limit that provides coverage for their coaching activities. In order to protect the General Liability policy from potential claims, the insurance company has mandated that all coaches must obtain signed waivers and provide Participant/Accident insurance for their participants.

In order to obtain a certificate of insurance showing proof of insurance or naming an additional insured, the following must be in place:

- ❖ **Waivers:** Signed waivers showing indemnification language
- ❖ **Participant/Accident Insurance:** You must have Participant/Accident coverage in place for all participants attending sports camps.

PURCHASE INSURANCE

- ❖ Camp Insurance Request form is available on our website: www.loomislapann.com

INSURANCE ADMINISTRATOR

LOOMIS & LAPANN, INC.

INSURANCE SINCE 1852
www.loomislapann.com
(P) 800-566-6479 | (F) 518-792-3426

Greg Joly
Lori George
Karen Boller

gjoly@loomislapann.com
lgeorge@loomislapann.com
kboller@loomislapann.com

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

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.





What is MITCA?

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What is MITCA?

The Michigan Interscholastic Track Coaches Association (MITCA) is a coaching organization with a membership of approximately twelve hundred, track and field and cross country coaches.

Founded in 1959, MITCA operates under a set of by-laws and is dedicated to the education and recognition of the athlete and coach.

This is achieved through several programs:

EDUCATION

Cross Country Clinic – annually held during the second weekend of November, this clinic typically draws four hundred cross country coaches to hear noted clinicians speak on a variety of topics.

Track and Field Clinic – annually held in February, this clinic typically draws up to nine hundred track and field coaches to hear noted clinicians speak on a variety of topics.

MITCA Newsletter – published quarterly includes meet results and articles of interest covering news, training tips, etc.

Team Michigan – in the fall, a group of ten senior boys and ten senior girls qualify to run and are sponsored by MITCA in the Mid-East Meet of Champions held in Ohio, competing against teams from several surrounding states. In the spring, a track team of senior boys and girls are sponsored by MITCA to compete in the Mid-West Meet of Champions.

Free Membership – in the Michigan High School Coaches Association, including supplemental liability insurance.

RECOGNITION

All-State – The top thirty runners in each boys and girls division race in cross country and the top eight finishers in each event in track and field are awarded a MITCA All- State Certificates.

Academic All-State – Top finishers in cross country and track and field, in each division, meeting a minimum grade point average receive a certificate honoring their athletic and academic accomplishments.

Coach of the Year – four boys' team coaches and four girls' team coaches from each of four divisions are nominated for Coach of the Year honors. A membership vote selects the COY (XC coaches must be members by Oct.1; TF coaches by May 1).

Assistant Coach of the Year and Middle School Coach of the Year – awarded to those nominated by their head coach.

15/25 Year Recognition – as coaches reach these career benchmarks, they are recognized at the cross country and track & field clinics, each receiving a certificate.

Patsy Arpeno Scholarship – two five hundred dollar scholarships are awarded via random draw to children of MITCA members in college.

"Mr./Ms. Track and Field" and "Mr./Ms. Cross Country" Awards

Track & Field and Cross Country "Dream Teams"

Hall of Fame – MITCA selects up to four coaches per year to be inducted into the MITCA Hall of Fame.

Additionally, each year a cross country and a track and field coach are recognized for life time achievement via the Ambrose and Sweeney awards respectively.

POLITICAL

MITCA works to develop new ideas, and the rules necessary to create the best athletic experience for those boys and girls who participate in the sports of cross country and track and field.

Because MITCA is not the governing organization for high school athletics, these ideas and rule suggestions are taken to the MHSAA for consideration. The flow-chart below diagrams this process.



Go to the Michigan High School Coaches Associations website with a snapshot of your cell.

⇒ Open up your cell phone Using the picture app our your QR reader on your phone, check out the latest MHSACA.com



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MEMBERSHIP

- [HOME](#)
- [ALL STAR GAME](#)
- [APPLICATIONS](#)
- [AWARDS/RECORDS](#)
- [FOR COACHES](#)
- [CONVENTION](#)
- [POLLS](#)
- [ALL STATE](#)
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LOOKING TO PARTICIPATE?

Welcome to the MHSBCA's Looking to participate in a sport that requires skill, strength, strategic thinking and the desire to play as part of a team?

Whatever level you play at, can enhance your life, improving fitness, strength and coordination.

contact Todd Sza ka, mhsbcahelpdesk@gmail.com.

EXECUTIVE BOARD

NAME	ROLE	PRIMARY EMAIL
Todd Szalka - Trenton	President	coachszaika@gmail.com
Scott Evans - Richmond	1st Vice President/Hall of Fame	coachevans10@gmail.com
Mark Pendred - East Lansing	2nd Vice President/Membership	mark.pendred@elpa.us
Chris Andrews - Portage Northern	Treasurer	coachandrews@hotmail.com
Matt Cook - Grandville	Secretary	mcook1@ggsbulldogs.org

FRANK SUMBERA SCHOLARSHIP

This \$1000 scholarship is in honor of Frank Sumbera who devoted 49 years of service as a baseball coach in the state of Michigan (Grosse Pointe North High School) and also as a longtime member of the Michigan High School Baseball Coaches Association.

The recipients of this scholarship will have the characteristics of outstanding scholarship, work ethic, service and leadership. This scholarship is open to any senior baseball player that is planning on attending college.

Consideration will be given to all applicants, especially applicants who have a parent that is a member of the MHSBCA. The scholarships will be awarded annually to up to five recipients, based on the criteria provided and the decision of the scholarship committee.

Financial need will also be considered, but not limited as all of the criteria outlined must also be met by the applicant. This will be a one time non renewable award that will be deposited into the account of the student at their respective college of attendance.

The student must complete one full semester and enrolled the following semester in good academic standard with at least 12 credit hours.

2022 HALL OF FAME INDUCTEE INTERVIEWS

[AJ Gaideski - Edwardsburg](#)

[Ian Hearn - Forest Hills Eastern](#)

[Tommy Kurczewski - Auburn Hills Avondale](#)

DUGOUT CHATTER PODCAST
Dugout Chatter - Trailer Episode



BASEBALL LINKS

MHSAA
ABCA
NHSBCA

CONTACT US

MAILING ADDRESS

Chris Andrews
6431 Cypress Street
Portage, MI 49024
mhsbcahelpdesk@gmail.com



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Ted McIntyre

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Rich Tompkins Multi-Sport Athlete Award
Larry Merx
Service Award
Mike Jolly
Constitution
Kim Spalsbury
Finance
Steve Porter, Darrin Millar & Sue Miller
Understanding & Appreciating Interdependence & Mental Health
Ron Landfair & Debbie Williams- Hoak

Member Associations

MIAAA: Athletic Directors
MHSBCA: Baseball
BCAM: Basketball
MHSIBCA: Bowling
CCCAM: Competitive Cheer
MHSFCA: Football
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MHSSCA: Softball
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MHSTeCA: Tennis
MITCA: Track & Field & Cross Country
MIVCA: Volleyball
MWA: Wrestling

MHSSBC AMEMBER BENEFITS

MEMBERS WILL BE ELIGIBLE TO RECEIVE OR PARTICIPATE IN THE FOLLOWING AREAS:

(Head Coaches, Assistant, JV, Middle School, Youth and Retired Coaches are considered "Members")

- Banquet
- Having a voice in the association
- Clinic
- Receiving Awards
- Century and Varsity Century Club (Awards for Coaching Wins)
- Holding Office - Executive Board (Only Active Head Varsity Coaches)
- Board Of Directors (All Members)
- Joint Membership into the Michigan High School Coaches Association
- Million Dollar Liability insurance Policy
- Online Registration and Online Award Nomination Forms

- Century Clubs - Varsity & JV. Head Coaches Only Plaque for Wins of 100,200,300,400,500,600,700,800,900,1000,1100,1200,ect..
- Years of Coaching & Service to the Association -All Members-Plaque for Years of 10,15,20,25,30,35,40,45,50, etc..
- District Coach of the Year (Head Varsity Coaches Only)
- Region Coach of the Year (Head Varsity Coaches Only)
- Coach Of The Year(Varsity Coaches Only)
- Assistant Coach Of The Year
- *NEW* - Hall Of Honor - Includes Assistant Coaches, Friends of Softball, and Officials - *NEW*

YOUR HIGH SCHOOL PLAYERS ARE ELEGIBLE FOR:

- All District, All Region And All State Awards
- Academic All State (Seniors Only)

- \$1000 Scholarship (Seniors Only)
 - All Star Game (Seniors Only)
- YOUR HIGH SCHOOL TEAM IS ELEGIBLE FOR:

- Academic All State Team
- Leadership & Service Award

www.mhssca.com



2023 HALL OF FAME INDUCTEES

Alicia Smith
Mattawan
Glenn Budnick
Posen





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

854 Marshall Street, Portland, MI 48875
E-mail: mhsea1954@gmail.com

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

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MHSSCA: Skiing

MHSSCA: Softball

MISCA: Swimming & Diving

MHSTeCA: Tennis

MITCA: Track & Field &

Cross Country

MIVCA: Volleyball

MWA: Wrestling



be nice.
mental health foundation of west michigan

what does it mean to be nice.?
notice what is right or different
invite yourself to start a conversation
challenge the stigma
empower yourself and others with knowledge



Contact the Mental Health Foundation of West Michigan

[160 68th St. SW Suite 120 Grand Rapids, MI 49548](http://160.68th.St.SW.Suite.120.Grand.Rapids.MI.49548)
info@benice.org | 616.389.8601

physical

- Lack of hygiene, personal appearance
- Fatigue, lack of energy
- Overeating or loss of appetite
- Weight loss or gain
- Headaches
- Unexplained aches or pains

Below are signs and symptoms of a mental illness like depression or anxiety. A change in someone's behavior, physical appearance, or psyche lasting two weeks or longer could be a developing mental health concern.

behavioral

- Quitting favorite sport/hobby
- Avoiding social interaction
- Sudden/unlikely drug or alcohol use
- Cry frequently for no reason
- Neglect responsibilities, loss of motivation
- Can't sleep or sleep constantly

psychological

- Acting out, aggressive, quick to anger
- Heightened sadness, guilt, indecisiveness
- Lack of emotional responsiveness
- Frequent self-criticism
- Hopelessness, loneliness
- Thoughts of death or suicide



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Dear Coach, here are some discounted opportunities for business or pleasure, you can use as a member of MHSCA for your joint membership with the National High School Athletic Coaches Association. Enjoy discounts, just enroll to receive free perks like: National High School Athletic Coaches Association Savings and Solutions Program
Phone 1-800-MEMBERS (800-636-2377) M - F 8 a.m. - 5 p.m. ET
Email: enroll@1800members.com



Special Offer for MHSCA Members

We know that having the right tools is essential to your success. That's why as a member of the MHSCA, you have access to discounted contract pricing on a variety of items from ODP Business Solutions™.

Whether you're looking for ink and toner, paper, cleaning products, office or school supplies, count on ODP Business Solutions™ to be in your corner with products from the brands you love – all in one convenient place. Remember, these discounts can be used for business, school or personal purchases. You can also extend the savings to staff, family and friends.

Maximize Your Savings with Coupons & More

- Up to 75% off on Best Value Items
- Get free next-business-day shipping* or pick up your online order in-store or curbside.**
- Up to 35% off qualifying online orders. Exclusions Apply. See coupon for details. Offer valid thru 02/27/2023.

Shop Now [Link to odpbusiness.com/nhsaca]

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Printing from the ODP Business Solutions™ website is efficient and nearly effortless – as a one-stop shop provider whether you're looking to create

presentations, need photo prints, or other marketing materials, ODP offers fully customizable printing solutions to help you make an impact.

Print Online to Save Time, Money and Effort

This easy step-by-step guide will walk you through uploading and placing an order online – choose from a wide selection of paper and many finishing options.

Watch Video [Link to Tutorial: <https://www.youtube.com/watch?v=taewoMwZAm0>]



Up to \$35 off
qualifying online orders
Exclusions Apply.
See coupon for details.
Offer valid thru 02/27/2023.
Get Coupon

Up to 75% off
on Best Value Items
and get free next-business-day shipping* when you buy online & pick up in-store or curbside.**
Shop Now

Featured Offers to Keep You Productive



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Greetings from the NHSACA Executive Committee,

Your executive committee has been **busy** meeting and working to try and build to the future as directed by the board.

We have met several times and plan to meet again on the 19th of February.

Dave will be sending out the list of finalists next week so please congratulate those from your state or regions as the Executive Committee is preparing to evaluate them to help determine the National COTY.

Our Sport Chairs will be working with the finalists to assist them in getting registered and organized for the 2023 Convention in Lincoln, Nebraska.

The HOF Committee is also working with the HOF Inductees to get their plans made for the convention.

Please, remember to check our website regularly for updates on the convention because registration will be open next week. Be sure and get registered early and book your rooms at the Country Inn and Suites.

I don't know what we would do without athletics to keep our focus off these long cold, dark months of the school season.

I do know though, that I am always **Busy...Busy...Busy!** I try to prioritize and take the most pressing duty off my plate and put the other items on the back burner until they become the pressing part of my agenda.

I often hear people say that they just don't have the time.

However, everyone has the same amount of time in a day, it is just that some people are more adept at using that time.

I am always impressed by the fact that my students who are in every activity and sport in the school are also the best students that I have.

Often it is the students who are in no extra-curricular activities that are having the most difficult time in school. How can that be the case?

I have had the opportunity to evaluate young people for athletic scholarships and I really enjoy reading the comments these athletes make when they are asked what they have gained from athletics.

One of the most common answers is that they have gained a thorough grasp of time management. I think that we all know this as coaches because we have come through those ranks in the athletic world, we just never left.

We must become excellent time managers because we spend so much time on our sport.

I have very few regrets in my choice to become a coach, but if there is one on the back of my mind it would be that coaching took a great deal of time away from my family.

Like many of you, I tried to compensate for that by getting my family involved in the athletic world with me.

I also remind myself that although I may have lost some time with my own kids, I gained a lot of time with kids, and some of those kids really needed me.

I applaud our past president for sharing his family day "coaching at its simplest form." It is a great demonstration of how we can mix our calling with our family... and save time.

The things we learn in athletics are very applicable to our future roles as leaders at our workplace, in our communities, and in our churches.

Time management is just one of those tools, but I think that it is a very important one!

We are made wise not by our recollection of the past but our responsibility for the future.

Good Luck with the rest of your winter seasons and remember to save a little time for yourself because gratitude turns what we have into enough.

Dave reminds us all... to remember our valentine!!

The National High School Athletic Coaches Association is dedicated to serving High School Coaches and Athletic Directors throughout the United States through education, recognition, and support.

Our goal is to promote high school athletics, provide professional services to our member coaches while providing opportunities for all high school coaches. The NHSACA provides resources to promote professional growth, and attitude of teamwork, sportsmanship and healthy lifestyles for Athletes, Coaches, and Athletic Directors.





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Cell: 734-223-8490

854 Marshall Street, Portland, MI 48875
E-mail: mhsea1954@gmail.com

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Cross Country

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MWA: Wrestling

		SEND TO: Hall of Fame Chair—Mark F. Holdren 854 Marshall Street, Portland, MI 48875 OR E-MAIL TO: mholdren.11@gmail.com	
HALL OF FAME APPLICATION		OFFICE USE ONLY APPLICATION: _____ 2 SUPPORT LETTERS: _____	Gender: _____
<p>Criteria for MHSCA Hall of Fame Application: Only persons who have coached and/or directed a secondary school athletics (6-12) program for 20 years or more <u>and</u> 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 in "good standing" in their sport's association prior to application. In addition, preference will be given to individuals who have met the previous criteria and have been inducted into their own sport association's Hall of Fame.</p> <p style="text-align: center;"><u>Applications must have two letters of support in order to complete the application process.</u></p>			
<p><u>NOMINEE CONTACT INFORMATION:</u> Date of Birth: ____ / ____ / ____</p> <p>Name of Nominee: _____ Phone: _____</p> <p>Home Address: _____ City: _____ State: _____ Zip: _____</p> <p>Nominee E-mail: (please print carefully) _____</p>			
<p><u>NOMINATOR'S CONTACT INFORMATION:</u> The nominator is critical in working with and encouraging the nominee to complete all sections of the application, as well as, arranging for two letters of support to be sent to the Hall of Fame Chair.</p> <p>Name of Nominator: _____ Phone: _____</p> <p>Home Address: _____ City: _____ State: _____ Zip: _____</p> <p>Nominee E-mail: (please print carefully) _____</p>			
<p><u>CONTACT INFORMATION FOR SCHOOL MOST AFFILIATED:</u></p> <p>School _____ Year's at School: _____</p> <p>Address _____ City _____ State _____ Zip _____</p> <p>Current Athletic Director Name: _____ Phone: _____</p> <p>Athletic Director E-Mail Address _____</p> <p style="text-align: center;">*****ONLY LIST A SECOND SCHOOL IF THERE IS AN EQUAL AFFILIATION*****</p> <p>School _____ Year's at School: _____</p> <p>Address _____ City _____ State _____ Zip _____</p> <p>Current Athletic Director Name: _____ Phone: _____</p> <p>Athletic Director E-Mail Address _____</p>			
PLEASE COMPLETE THE BACKSIDE OF THIS PAGE			



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COACHING LONGEVITY: Please provide all information for all sports coached during your career. Do not use abbreviations.

Years Coached (e.g.: 1995-2003)	Sport Coached (e.g.: Boys Basketball)	Level (e.g.: Junior Varsity)	# of Seasons (e.g.: 8)

COACH OF THE YEAR RECOGNITIONS: Please provide all information for all sports coached during your career. Do not use abbreviations.

COACH OF THE YEAR	Name of the Recognition-Sport (Lansing State Journal Dream Team-Softball)	Times (e.g.: 3x)	Years (e.g.: 1997, 1999, 2001)
Area / Newspaper / County / All Star			
League			
District / Regional			
State			
National			
Other			

TEAM RECOGNITIONS: Please provide all information for all sports coached during your career. Do not use abbreviations.

	Name and Sport (Michigan Wrestling Association—Regional Coach of the Year)	Times (e.g.: 3x)	Years (e.g.: 1997, 1999, 2001)
League (Conference) Championships			
District Titles			
Regional Titles			
State Finishes			
Other (e.g.: MHSAA Sportsmanship Award)			
Career Varsity Record	Sport: _____ Win: _____ Loss: _____ Tie: _____		
	Sport: _____ Win: _____ Loss: _____ Tie: _____		

PLEASE COMPLETE THE NEXT PAGE



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INDIVIDUAL ATHLETES COACHED: Please provide all information for all sports coached during your career. Do not use abbreviations.

Information—cumulative totals of each category	
All State Individual (medalists only)	
Individual State Champions	
Elite Athletes Coached (e.g.: Mr. Wrestler, Detroit Free Press All-State, All American)	
All State Individuals (coaches selections)	
Other:	

SPORT -LEADERSHIP ROLES AND CONTRIBUTIONS: Please provide all information for all sports coached during your career. Do not use abbreviations.

Name of the Leadership Role or Contribution (e.g.: Lansing State Journal Dream Team)	Times (e.g.: 3x)	Years (e.g.: 1997, 1999, 2001)
Area/League Officer		
Sport Association Board Member		
MHSAA Committees		
National Committees		
Sport Association Clinic Presenter		
Other		

COACHING HALL OF FAME RECOGNITIONS: Please provide all information for all sports coached during your career. Do not use abbreviations.

Name of Hall of Fame and Sport (Use complete name of recognition—no abbreviations)	Year (e.g.: 1997)
Area / School / Booster Club / Other Hall of Fame	
State Sport Association Hall of Fame	
National Sport Association Hall of Fame	

My signature acknowledges that the information provided on this application is true and accurately reflects my coaching career.

_____ signature

THANK YOU FOR COMPLETING THE HALL OF FAME APPLICATION



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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.

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



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2nd Vice President
Ron Landfair
3rd Vice President
Dave Kowalski
Past President
Ted McIntyre

Executive Committees

Rich Tompkins Multi-Sport Athlete Award

Larry Merx

Service Award

Mike Jolly

Constitution

Kim Spalsbury

Finance

Steve Porter, Darrin Millar & Sue Miller

Understanding & Appreciating Interdependence & Mental Health

Ron Landfair &

Debbie Williams- Hoak

Member Associations

MIAAA: Athletic Directors

MHSBCA: Baseball

BCAM: Basketball

MHSBCA: Bowling

CCCAM: Competitive Cheer

MHSFCA: Football

MIGCA: Golf

MHSGCJA: Gymnastics

MHSHCA-Ice Hockey

MHSLCA: Men's Lacrosse

MWLCA: Women's Lacrosse

MHSSCA: Skiing

MHSSCA: Softball

MISCA: Swimming & Diving

MHSTeCA: Tennis

MITCA: Track & Field &

Cross Country

MIVCA: Volleyball

MWA: Wrestling

NAME: _____

COACHING SERVICE AWARD WORKSHEET

	School	Sport	School	
	Year	School	Sport	Year
	(Example)	(Example)	(Example)	(Example)
1	1990-91	MCHS	FB, BBSK, BSB	4 1993-94
2	1991-92	USAF	Active Duty	5 1994-95
3	1992-93	MACOMB CC	BBSK	6 1995-96
				MACOMB CC
				TOLEDO ST. JOHN
				MCHS
				BBSK
	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
	1980-81			
	1981-82			
	1982-83			
	1983-84			
	1984-85			
	1985-86			
	1986-87			
	1987-88			
	1988-89			
	1989-90			
	1990-91			
	1991-92			
	1992-93			
	1993-94			
	1994-95			
	1995-96			
	1996-97			
	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



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

Executive Director:
James M Okler, CMAA
Executive Secretary:
Mark F. Holdren

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.

President:
Debbie Williams-Hoak
1st Vice President
Darrin Millar
2nd Vice President
Ron Landfair
3rd Vice President
Dave Kowalski
Past President
Ted McIntyre

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.).

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

Executive Committees

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Larry Merx

Service Award

Mike Jolly

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MHSACA: Skiing

MHSSCA: Softball

MISCA: Swimming & Diving

MHSTeCA: Tennis

MITCA: Track & Field &

Cross Country

MIVCA: Volleyball

MWA: Wrestling

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 \$100.00
- 2 Sports \$ 500.00
- 3 Sports \$ 1000.00
- 4 Sports \$ 2500.00
(Buy 3, get 1 Free)
- All 15 Sports \$ 10,000.00 (\$ 4,000.00 savings)

- Presentation of the Hall of Fame or Coach of the Year Award at the banquet
- Two (8) 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: \$300.00

- 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 September 17, 2023
- Hall of Fame Banquet September 17, 2023 @ CMU Board of Directors Winter Board Meeting & COTY Banquet November 12, 2023 @ Lansing Area
- MHSCA Hall of Fame Committee Meeting, February 5, 2023 @ conducted **in person & virtual**— East Lansing HS
- MHSCA Finance Committee meeting, March 12, 2023 @ conducted **in person & virtual**
- Board of Directors Spring Board Meeting March 12, 2023 conducted **in person & virtual**



MHSCA Sponsors



Executive Director

James M. Okler, CMAA

MHSCA1954@gmail.com