

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

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MIAAA: Athletic Directors

MHSCA: Baseball

BCAM: Basketball

MHSBCA: Bowling

CCCAM: Competitive Cheer

MHSFCA: Football

MIGCA: Golf

MHSGCJA: Gymnastics

MHSHCA: Men's Ice Hockey

MHSLLCA: Men'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 MHSCA HALL OF FAME

Twelve outstanding coaches will be inducted into the MHSCA Hall of Fame on September 17, 2023,

Congratulations!

These coaches listed will make up the 2023 MHSCA Hall of Fame inductees:

Daniel Barry of De La Salle, and University Liggett School in the sport of Ice Hockey.

David Brinks of Grandville in the sport of Swimming.

Bob Bruder of Fenton in the sport of Basketball.

Sarah Eubanks of Dundee in the sport of Swimming.

Michael Falter of Yale in the sports of Basketball, and Golf.

Gregg Golden of Warren Woods Regina in the sports of Cross Country, and Track.

Phil Hora of Stockbridge in the sport of Basketball.

Brad Jones of Fenton in the sports of Swimming.

Jim Morissette of Anchor Bay in the sport of Wrestling.

Dennis Paquette of Bangor/Olivet College in the sport of Wrestling.

Mike Roach of Battle Creek Pennfield in the sport Bowling.

Gary Sharpe of Watterford Mott in the sports of Basketball, and Football.

Bob Veach, of Bloomfield Hills Lasher in the sport of Baseball

The MHSCA Hall of Fame is truly a HALL of Fame.

The Michigan High School Coaches Association was founded on the campus of Central Michigan University in 1954. CMU has graciously provided housing for the hall, since 1971

It features a gigantic wall mural which features athletes and coaches in competition.

Also, instead of the wall plaques, the new Hall of Fame also features a computer kiosk on which will be pictures of about 800 inductees of the of the Hall. The members can be looked up by name, their year of induction and their community or school.

The MHSCA Hall of Fame is located in a hallway of the Student Activities Center (CAC) located on the campus of Central Michigan University.

People who wish to see the hall may access it through the "old" Rose Arena Complex or the SAC entrance.

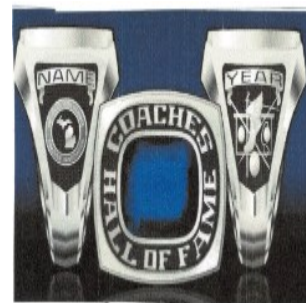
Ticket information

visit the mhsca.org website,

or contact Mark F. Holdren at

mholdren.11@gmail.com

Or call 517-526-4575.




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Larry Merx

Service Award

Steve Porter

Constitution

Kim Spalsbury

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Michigan High School Coaches Association 2023 Hall of Fame Banquet

Welcome

WELCOME TO THE 2023 HALL OF FAME BANQUET TICKET PORTAL FOR THE MICHIGAN HIGH SCHOOL COACHES ASSOCIATION!

This registration session will allow you to purchase up to six banquet tickets at a time by providing contact information and submitting payment. More tickets may be purchased by re-visiting the portal.

Tickets are available to purchase from July 1 - September 7, 2023. No tickets will be sold after September 7th.

Please read through each page carefully to ensure that all information is provided accurately.

To complete registration through our secure site, please have your Visa, MasterCard, Discover, or Checking Account (ACH) information available.

TICKETS WILL BE AVAILABLE AT THE RESERVED TICKET TABLE

All tickets purchased online will be held at the Reserved Ticket Table located as you enter the Terrace Room at the Bovee University Center on the campus of Central Michigan University. The address is: 103 E. Preston Road, Mt. Pleasant, MI 48858.

The Terrace Room and Cash Bar open on September 17, 2023 at 12:15pm with the induction ceremony starting promptly at 1:00pm. General seating is on a first come first served basis.

QUESTIONS?

Please direct any questions regarding this registration to:

Mark

Holdren

Inquiries

Phone: (517) 526-4575

2023 HALL OF FAME INDUCTION BANQUET

The MHSCA will hold its annual Hall of Fame Induction Banquet on Sunday, September 17, 2023. The induction banquet and ceremony will be held in the Terrace Room at the Bovee University Center on the campus of Central Michigan University. The address is: 103 E. Preston Road, Mt. Pleasant, MI 48875.

The Terrace Room will open at 12:15pm with the induction banquet and ceremony starting promptly at 1:00pm.

Tickets (\$45.00 plus a small processing fee) may be purchased online (only) by clicking the link below starting July 1 - September 7, 2023. No tickets will be available after September 7th.

All seating is considered general with no reserved seating available.



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Class A & B
WINNERS

Simon Vinson, Class D, Colon HS. Will continue at Indiana Wesleyan College, study biology as pre-med and play FB (QB).

Alexis Kozlowski, Gaylord HS,
Class A Female winner.



The Rich Tompkins Multi-Sport Athletic Award 2022-23 State Finalists



From the President Darrin Millar

Challenges of Mental-health Issues in High School Athletics

By Cari Wood, ATC, and Kevin Bryant, CMAA on February 05, 2019 NFHS

"The two most important days of your life are the day you are born, and the day you find out why."

—Mark Twain

High school athletics can be a conduit to helping students prepare for life. Passion around a chosen activity, connection to caring adults, striving for personal goals and meeting high expectations are ingredients for great triumphs or stumbling blocks which, all too often, can provoke anxiety and depression.

The relationship between coaches and athletes can be complex. Coaches may feel pressured to base their interactions around techniques and tactics of the sport in order to "win now." Ideally, coaches will have the desire

and administrative support to have a lifelong impact on their athletes, helping them develop into caring, competent and productive adults. In turn, many student-athletes, relishing the positive feedback, rewards of immediate success and attention of a coach may feel pressured to stay in the athletic-performance focused part of the coach-athlete relationship, hiding the ways in which they are struggling and in need of emotional and mental support.

There are more high school students using anti-anxiety medications and dealing with depression than ever before.

▮ An estimated 31.9 percent of adolescents have some form of an anxiety disorder.

▮ Of adolescents with any anxiety disorder, an estimated 8.3 percent have a

severe impairment.

▮ The prevalence of any anxiety disorder among adolescents is higher for females (38%) than for males (26.1%).

▮ Depression and anxiety disorders are different, but people with depression often experience symptoms similar to those of an anxiety disorder, such as nervousness, irritability and problems sleeping and concentrating.

▮ Each disorder has its own causes and its own emotional and behavioral symptoms.

▮ Many people who develop depression have a history of an anxiety disorder earlier in life.

▮ There is no evidence one disorder causes the other, but there is clear evidence that many people suffer from both disorders.

Participation in athletics can lend to a culture that emphasizes the need to "just play through it" when injured, stressed or in pain. "No pain, no gain." Student-athletes can quickly allow their athletic

accomplishments (or failures) to become their identity and source of self worth. This emphasis on athletics can cause significant stress and challenges in their lives. Athletics may also represent an avenue of "escape" for students. However, if they never learn how to cope with stress on or off the playing field, they are at risk for a mental-health crisis.

Students can use any number of ways to numb the pain of family issues, divorce, abuse,



Continued-From the President Darrin Millar

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disappointment, dating relationship breakups, academic failure, cyberbullying and physical injury.

When our coaching staff last year was asked how many had athletes who were showing signs of anxiety and depression, every coach's hand in the room was raised. These behaviors can often be masked or put off by the use of drugs, alcohol, tobacco and thoughts of suicide looking for relief from pressure, anxiety and family issues.

In the athletic program at Redmond (Oregon) High School, we received a huge wake-up call a year ago with the suicide of one of our three-sport athletes. We are now committed to do our best to avoid that ever happening again. A video was developed by the parents of our fallen student, which has registered more than 3.4 million hits on Facebook.

This past year, several prominent professional athletes have addressed their own mental and emotional health including NBA players Kevin Love and DeMar DeRozan sharing their struggles with anxiety and depression. Love stated that "Everyone is going through something." A panic attack at a game last year led him to seek professional counseling help. He said he had to "confront the fact he needed help." By doing so, Love pushed back on the unwritten rules about "being a man," asking for help and taking his story public. He also wanted to help decrease the stigma associated with emotional and mental challenges many have endured. Michael Phelps, the winner of

28 Olympic medals, shared his own challenges with anxiety and depression recently, admitting he had considered suicide. Breaking his first world record at age 15, Phelps described living a life of dedication, high expectations, challenging physical workouts and dealing with disappointment associated with the pursuit of big goals. Caught up in the world of "real men" do not talk about their problems, Phelps finally became convinced that "it is OK to not be OK." During the past year, the Redmond School District coaching staff has become more attuned to athletes' moods, attitudes, family challenges and potential substance-abuse issues following our athlete's suicide. Recently, one of our coaches sought help for a student-athlete who he knew was

struggling at home and the coach wanted to help. Shortly thereafter, another coach asked us to meet with an athlete who was exhibiting suicidal ideation through photos and other communication online.

This school year, our school district hired two mental-health counselors who are working inside both of the high schools in

our district, giving us access to trained expertise in this challenging area. Still, with the number of athletes in our program, we cannot meet or know the extent or challenges facing every student. In an attempt to bridge the gap, the Redmond High School athletic training staff designed a "Google form" consisting of four questions that is distributed to every fall athlete on a weekly basis. This "Wellness Check" allows our athletes to respond to inquiries regarding sleep, diet, injury issues and mental health. The athletic training staff then follows up on the information personally if there are any concerning responses, and then decides who else needs to be notified. Discussion at the Redmond School District's monthly coaches meetings has focused on Student-

Athlete Development (SAD) in specific ways related to overall health in four key areas:

1. Mental Skills Training (emotion management, visualization, positive self-talk and goal setting)
2. Emotional/Mental Health
3. Physical Improvement (strength, speed and agility)
4. Academic Responsibility and Success

Recently, we were guests on a live Facebook event focused on the mental and emotional health of our athletes, which took

place on National Mental Health Day with the NATA. We discussed some of the specifics of our program and were able to connect with people from around the United States with similar concerns and challenges. In April, we will be presenting a workshop at the annual Oregon Athletic Directors Association (OADA) state conference focused on student-athlete mental and emotional health.

Ultimately, everyone who works with athletes wants to do whatever possible to help them succeed athletically and academically; however, the most important goal is to help build strong and resilient young men and women who will be ready for all of the challenges of life during and after high school.

We do not want to lose another student to suicide because the signs were not recognized, or no one knew where to turn for help. Often, we do not possess the expertise to assist our athletes in these areas of concern; we need to find community resources available to make sure no athlete falls through the cracks.



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Michigan Sports Sages

MICHIGAN SPORTS SAGES

APPLICATION FOR MEMBERSHIP

SPONSOR AND APPLICANT,
PLEASE READ BEFORE

COMPLETING THE APPLICATION!

SPONSOR ELIGIBILITY

(1) A sponsor must have attended the TWO PREVIOUS SUMMER MEETINGS.

(2) A sponsor may submit only one application per year.

SPONSOR ELIGIBILITY

(1) The applicant must be at least 50 years old and have "served 25 years in athletic fields... 15 of the 25 years in Michigan".

(2) The applicant's name must be submitted by an eligible member.

SPONSOR RESPONSIBILITIES

The sponsor is responsible to see that the completed application and initiation fee is sent to the secretary. After the April Board of Directors meeting, the sponsor should contact his inductee to confirm that the reservation form has been sent to the

Boyer. He should remind his inductee that the induction fee will be forfeited if he fails to attend the Summer meeting, or fails to inform the secretary by June 1st that he will not be attending. The sponsor should be available at the Boyne to meet his inductee and to introduce him to other members so as to make him feel comfortable when he arrives.

APPLICANT RESPONSIBILITIES

The inductee must attend the summer meeting the year in which he has been accepted into the Sports Sages. Upon arrival at the Boyne Lodge, the inductee should register at the Sage registration table in order to pick up registration and other related materials. (The dues for the year will be collected at the registration table.) The inductee should understand that the purpose of the Sages is to meet EACH year "in fellowship, to renew acquaintances and to perpetuate the tradition of achievement and leadership in the fields of athletics and recreation within the State of Michigan".

If the inductee cannot attend the

meeting, he must inform the secretary by June 1st. Upon notification, the secretary will send the initiation fee and application fee back to the sponsor. The application is not carried over from year to year but may be resubmitted by the sponsor. (If a name is resubmitted, it is placed at the end of the current waiting list.)

AT THE SUMMER 2000 MEETING, A CONSTITUTIONAL CHANGE WAS PASSED THAT LIMITS THE NUMBER OF NEW MEMBERS TO 25 PER YEAR. ELIGIBLE APPLICATIONS ARE ACCEPTED ON A "FIRST RECEIVED, FIRST SERVED" BASIS. A COMMITTEE APPOINTED BY THE BOARD WILL SCREEN ALL APPLICATIONS.

ONLY THE CURRENT APPLICATION FORM (ATTACHED) WILL BE CONSIDERED.

IF OTHER FORMS ARE SUBMITTED, THEY WILL BE RETURNED WITH THE CURRENT FORM TO BE RESUBMITTED.

Save on Your Next Car Rental

As a member, you can enjoy special savings on car rentals through Avis and Budget. Now through July 31, save \$15 on base rates with Avis or \$10 on base rates with Budget

when you spend \$175 or more on a minimum consecutive three-day rental.

This offer is valid on all car groups, excluding specialty vehicles, at participating Avis and Budget airport locations in the contiguous United States. Terms apply.



Katharine Ziegler (she/her), Marketing Account Manager

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Reserve with Avis [Button: bit.ly/NHSACA_avis] Book with Budget [Button: bit.ly/NHSACA_bgt]





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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.

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.

Ken "Coach" Erny, age 67, entered Glory peacefully Sunday, June 4, 2023, at home in Fruitport after a three-year battle with ALS.

What the world may wish to know: The Burlington, New Jersey native graduated with a Bachelor of Arts in Social Science Comprehensive from Cedarville College in Ohio, and a Master of Arts in Teaching and School Administration from Calvin College in Grand Rapids, MI.

Ken began his impact within the Fruitport community by coaching soccer and teaching at Fruitport Faith Christian. After the school's closing and a stint as an educator with Calvary Schools, Erny was hired by Fruitport Community Schools in Community Education.

He was selected to serve as the inaugural boys' varsity soccer coach and held that position from 1990-2008, also serving as the school's athletic director from 1996 until he was diagnosed with



ALS in 2020.

Ken, known by many simply as "Coach," poured his heart and soul into countless student-athletes. He understood that athletics must be educational and made it a priority to teach long-lasting life lessons while seeking competitive success

Among his other accolades and accomplishments, Ken helped launch the "No More Sidelines" program at Fruitport High School in 2006, the Student Athlete Leadership Team (S.A.L.T.) in 2009 (to mentor young leaders and share wisdom from his tireless reading

and lifelong learning), and the Fruitport Athletic Hall of Fame in 2013.

Ken was truly a "Hall of Famer" in his own right. He was inducted into the Michigan High School Soccer Coaches Association Hall of Fame in 2015, received the Gene Young Distinguished Service Award from the Muskegon Area Sports Hall of Fame in 2022, and later that year was inducted into his hometown Fruitport Hall of Fame.

Ken's servant leadership in the workplace and at home was exemplary, and he valued

character and integrity above any accomplishments. His natural humor and witty one-liners regularly brought joy to others. He often cited the famous "Don't Give Up" speech from the late Jim Valvano, and truly sought to laugh, cry, and think each day. He would often pour into those that he noticed were struggling by walking alongside them. His top priorities were faith, family, and Fruitport, and he deeply understood that his life was not his own but that of his loving Creator.

What Ken would want the world to know:

- 1) Always give your best, because life is too short to just go through the motions.
- 2) Always treat people really, really well, because everyone you will ever meet has infinite worth.
- 3) Always demonstrate unconditional gratitude, because no matter what kind of day you've had, no matter how good or bad your performance was, or how bad your diagnosis is, there is always something to be thankful for.

In quoting one of his favorite music artists Matthew West, "this life ain't always wonderful, but what a wonderful life it's been."

Michigan High School Sport Association
Coaches Clinic/Events
MIAAA: March 15-18, 2024 at Grand Traverse
Summer Workshop June 27-29 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 2024 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 2024 at TBA
Wrestling: Nov. 2023 See MWA website
NHSACA Convention: Lincoln Nebraska July 24-27

Loomis & LaPann Sports Insurance Coverage

CAMP INSURANCE COVERAGE

Participant/Accident coverage is required for all participants attending camps.

What is Participant/Accident coverage and why is it required?

Secondary medical insurance with a \$25,000 limit.
The policy becomes primary should the injured party not have Primary Medical insurance.
Pays out-of-pocket expenses such as co-pays and deductibles.
Protects coaches and their schools from potential liability claims.

What is the premium for Participant/Accident camp coverage?

\$250 minimum premium.
Coaches also have the option of adding multiple camps.

Certificates of Insurance

Most schools today require a certificate of insurance from coaches using school facilities. Certificates of insurance can be issued showing proof of insurance or naming an additional insured.

For more information: Visit www.loomislapann.com and click on camps, then your coaches association.

Contact us at: 518-792-6561 or sports@loomislapann.com

Camp Insurance Request Forms

[Camp Insurance Request Form](#) [Camp Insurance FAQs](#) [2018 Legislation](#)



MHSCA Membership Benefits

- Sport Association Voice:** The MHSCA provides member sport associations another vehicle of communication with the MHSAA. Each year the MHSCA makes a presentation to the MHSAA Representative Council representing issues of our association members.
- Coaching Longevity Awards:** Beginning with 10 years of coaching and ascending every 5 years, coaches receive recognition for their years of coaching (10-25 years earn certificates, 30-45 years receive plaques, and at 50 years, a coach will receive a special crystal recognition).
- MHSCA Coach of the Year Recognition:** Each year one coach from your association is chosen by your association to be recognized at the MHSCA State Coach of the Year for your sport.
- MHSCA Hall of Fame:** Each year up to 15 coaches from the state are selected for induction into the MHSCA Hall of Fame. The Hall is an actual physical entity that is located on the campus of Central Michigan University within the Student Activity Center at the entrance of the old Rose Arena. In addition to meeting the established criteria the individual's sport association must be a member association within the MHSCA.
- MHSCA Jack Johnson Distinguished Service Award:** One person per year (teacher, coach, administrator, other) nominated by a member sport association will be honored at the September Hall of Fame banquet for outstanding service to high school sports in Michigan.
- NOCAD Insurance:** As a membership benefit, coverage is provided by the Commercial General Liability Policy issued to the National Organization of Coaches Association Directors (NOCAD). This policy provides \$1,000,000 (\$2,000,000 aggregate) per member liability coverage to only members of the Michigan High School Coaches Association that pay for the additional coverage through MHSCA member sport associations. ** New members taking the NOCAD insurance liability coverage are covered on the first date that they pay their membership dues to their sport association through August 1. Members whose sport association paid their for their insurance coverage the previous year are covered August 1—August 1 if they become members of their sport association and their sport association pays their insurance premium. For \$6.00 per coach per year this coverage is hard to match. Members find more detailed information on the mhscanet.org website in the "Coaches Corner" drop down link titled "Insurance."
- Rich Tompkins Multi-Sport Award:** This award recognizes athletes that have participated in at least 3 MHSAA sports per year for the 4 years of high school. All nominees receive a high quality certificate. One boy and one girl from each of the four classes of schools (A, B, C, D) will receive a plaque and a scholarship (if eligible) as the MHSCA Rich Tompkins State Multi-Sport Athlete of the Year.
- Gatorade Supplies:** Member sport associations receive Gatorade give-away supplies to use at their clinics or all-star games.
- National Federation of High Schools Coach of the Year Recognition:** Each year one coach from your association is nominated by your sport association through the MHSCA to be considered for state and national level recognition.
- As a member of the MHSCA you also receive membership into the National High School Athletic Coaches Association (NHSACA) with membership benefits available.**
- NHSACA Coach of the Year Recognition:** Each year one coach from your sport association can be nominated through the MHSCA for consideration for regional and national recognitions.
- NHSACA Hall of Fame:** The MHSCA is allowed to select two coaches each year for induction into the National High School Athletic Coaches Association Hall of Fame.
- NHSACA Kathy Holloway Women in Sports Leadership Award:** Presented annually to a female that has promoted female athletics by coaching, serving, supporting, and/or leading high school athletic programs. The nomination process runs through the MHSCA.
- NHSACA Distinguished Service Award:** The MHSCA has the opportunity to have one of their members receive this award every 4th year.



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Understanding & Appreciating Interdependence & Mental Health

Ron Landfair &

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Member Associations

MIAAA: Athletic Directors

MHSBCA: Baseball

BCAM: Basketball

MHSIBCA: Bowling

CCCAM: Competitive Cheer

MHSFCA: Football

MIGCA: Golf

MHSGCJA: Gymnastics

MHSHCA-Ice Hockey

MHSLCA: Men's Lacrosse

MWLC: Women's Lacrosse

MHSSCA: Skiing

MHSSCA: Softball

MISCA: Swimming & Diving

MHSTCA: Tennis

MITCA: Track & Field &

Cross Country

MIVCA: Volleyball

MWA: Wrestling

June Newsletter from the

THE HISTORY OF THE NATIONAL HIGH SCHOOL ATHLETIC COACHES ASSOCIATION

A Brief Glance...

In the 50s and early 60s, high school coaches and athletic directors from around the country were invited to annual sessions of the Division of Men's Athletics (DMA) of the NEA/AAPHER group. Special conferences were occasionally scheduled for high school coaches in Washington, D.C., but only as an adjunct of the college physical educator dominated DMA. DMA was one of seven divisions of AAPHER, which was one of 33 departments of the NEA. The high school coaching leaders in America realized that high school sports and coaching were very low in the pecking order of DMA/AAPHER/NEA.

At one such meeting in 1964, in Washington, D.C., a group of key people were aroused by the lack of real concern for the high school coaching profession and held a called meeting to discuss some alternatives and a new national direction. The concerned people included: Joe Fontana, Paul Smarks, Carey McDonald, Pinky Babb, Bob James, Sam Burke (then president of the National Federation) and many more. A steering committee was appointed with directions to plan another meeting in Atlanta, Georgia in July, 1965.

Dwight T. Keith was elected to serve as the Chairman for the July 10, 1965 meeting. After considerable discussion of pros and cons of organizing a national coaches association, Carey McDonald moved and Fred Farretson seconded that the group organize at that time. The motion passed and the National High School Athletic Coaches Association (NHSACA) was born. A

1965-1966 slate of officers was elected after the adoption of the new constitution and by-laws.

The 1966 National Convention was held in Cincinnati, Ohio. Other convention sites included Miami Beach, Florida in 1967 and 1993, San Francisco, California in 1969, Chicago, Illinois in 1970, Atlanta, Georgia in 1971, Pueblo, Colorado in 1972, Jackson Hole, Wyoming in 1973, New Haven, Connecticut in 1974, Orlando, Florida in 1975 1979 and 1986, Portland, Oregon in 1976, Hampton, Virginia in 1977, Tulsa, Oklahoma in 1978, Seattle, Washington in 1980, Biloxi, Mississippi in 1981, Indianapolis, Indiana in 1982, Albuquerque, New Mexico in 1983, Lexington, Kentucky in 1984, Denver, Colorado in 1985 and 1992, New Orleans, Louisiana in 1987, Cromwell, Connecticut in 1988 and 1996, Phoenix, Arizona in 1989, Nashville, Tennessee in 1990, Bismarck, North Dakota in 1991, Des Moines, Iowa in 1994, Tucson, Arizona in 1995, San Diego, California in 1999, Lincoln, Nebraska in 2000 and the upcoming National Convention in Fargo, North Dakota in 2001.

Dwight T. Keith served as the Executive Secretary from 1965 to 1973 and was a guiding light through the early years of the association. The National High School Coach of the Year Awards Program was initiated in 1968 in football, basketball, track and baseball and continued under that format until wrestling was added in 1971. In 1975, the other 11 sports were included to complete a total recognition program in 16 sports areas for

high school coaches and athletic directors.

Association membership numbered about 5,000 in the late 60s. The dual association membership was inaugurated in 1969-1970. By 1973, the membership rolls had increased to 8,700 with 11 dual state associations. An aggressive national thrust by the association during the past decade has seen the membership top 50,000 in 1998-1999.

The NHSACA program of recognition, education, and competition has reached into every state and most schools. The association has achieved a national stature through involvement in varied activities with corporate, governmental, and educational groups. The NHSACA national office serves as a constant source of information and counsel to individuals and groups from all areas of the country.

The student recognition programs, such as U.S. Navy All-America selections, involve thousands of boys and girls each year. Hundreds of coaches and athletic directors receive national publicity annually through the coach and athletic director of the year awards program. Close contact and coordination of the NHSACA and the state associations is producing mutually beneficial services.

From a meager and humble beginning, the NHSACA has assumed a role of leadership which is only limited by the initiative of each member and their state association. The NHSACA is only as strong as the state associations and the challenge to all is at hand.





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854 Marshall Street, Portland, MI 48875
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Mark F. Holdren, Exec. Secretary
Cell: 517-526-4575

Executive Board

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James M Okler, CMAA

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1st Vice President

Dave Kowalski

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Cross Country

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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

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 spring 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

Member Benefits

866.446.7554

collette

Collette Tours Travel Destinations

Save on Your Next Car Rental

As a MHSCA member, you can enjoy special savings on car rentals through Avis and Budget. Now through July 31, save \$15 on base rates with Avis or \$10 on base rates with Budget when you spend \$175 or more on a minimum consecutive three-day rental.

This offer is valid on all car groups, excluding specialty vehicles, at participating Avis and Budget airport locations in the contiguous United States. Terms apply.

Reserve with Avis [Button: bit.ly/NHSACA_avis]

Book with Budget [Button: bit.ly/NHSACA_bgt]

Enroll in Avis Preferred® or Budget Fastbreak® to accelerate your savings, earn rewards and bypass the counter for an expedited rental experience. Make the most of your summer travel plans with our limited time offer on car rentals. Through July 31, members that spend at least \$175 when booking a minimum consecutive three-day rental with Avis or Budget will save on base rates. Terms apply. To learn more, visit bit.ly/NHSACA_avis or bit.ly/NHSACA_bgt.

#beyondsavings #travel

Katharine Ziegler (she/her)
Marketing Account Manager



D 571.282.2472

O 800-636-2377

Katharine.Ziegler@ajg.com

You can upload files [here](#).





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<h2 style="margin: 0;">HALL OF FAME APPLICATION</h2>	<p>SEND TO: Hall of Fame Chair—Mark F. Holdren 854 Marshall Street, Portland, MI 48875 OR E-MAIL TO: mholdren.11@gmail.com</p>
<p><small>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.</small></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>	
<p>PLEASE COMPLETE THE BACKSIDE OF THIS PAGE</p>	



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Page 2 of 3

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

Years Coached (e.g.: 1995-2000)	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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Page 3 of 3

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 10/15/20/25/30/35/40/45/50 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 if 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: Steve Porter, Years of Service Awards
 - 1250 Mooreville Rd. Milan, Mi. 48160, or E-mail to: coachporter51@gmail.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.)

Signature of Coach _____

Signature of AD or Principal * _____ Phone Number: _____

Printed Name of Administrator: _____ Email: _____

Send Completed form to: Steve Porter, Years of Service Awards 1250 Mooreville Rd. Milan, Mi. 48160

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

Executive BoardExecutive Director:

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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	
	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



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Michigan High School Coaches Association Distinguished Service Award is one of our high- est 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 academical-ly, supportive, service, assistance at any level of interscholastic athletics. These criteria are good measures of accepta-ble 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 constit-uent 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

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 3, 2024 @ conducted **virtual**
- Board of Directors Spring Board Meeting March 03, 2024 conducted **virtual**


MHSCA BOARD OF DIRECTORS & EXECUTIVE COMMITTEES CALENDAR

MHSCA Sponsors



Executive Director

James M. Okler, CMAA
MHSCA1954@gmail.com