



# The Michigan Coach

THE OFFICIAL PUBLICATION OF THE MICHIGAN HIGH SCHOOL COACHES' ASSOCIATION

Issue: I

January 2019

Founded: August 15, 1955

## EXECUTIVE BOARD

Jim Okler, Executive Director  
E-Mail: [MHSOCA1954@gmail.com](mailto:MHSOCA1954@gmail.com)

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## MEMBER ASSOCIATIONS

- MHSBCA: Baseball
- BCAM: Basketball
- MHSIBCA: Bowling
- CCCAM: Competitive Cheer
- MHSFCA: Football
- MIGCA: Golf
- MHSGCJA: Gymnastics
- 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](http://mhsca.org)  
E-MAIL: [MHSOCA1954@gmail.com](mailto:MHSOCA1954@gmail.com)  
Or [mholdren@portlandk12.org](mailto:mholdren@portlandk12.org)  
ADDRESS:  
MHSOCA  
854 Marshall Stet  
Portland, MI 48875  
PHONE:  
517-526-4575

## From the Michigan School Lacrosse Coaches Associations

### Using Video to Benefit Your Association

Your coaches association may wish to consider making a permanent record of the history of your sport by recording interviews of members of your hall of fame.

The Michigan HS Lacrosse Association has begun a project initiated by our president, Jim Carl (Brighton HS), and ably carried out by our secretary, Greg Normand (Ann Arbor Skyline HS), in which Greg engages the honoree in a conversation and asks him various questions such as: "How did you first become involved in lacrosse?", "How has our sport changed over the time of your involvement?", "Where do you see lacrosse

headed in the future?", "What are your favorite memories of your lacrosse coaching?", "What are some watershed moments in the growth of our sport?", and the like.

Presently we have completed seven such interviews which are available for your viewing either at our website ([www.mhsca.org](http://www.mhsca.org)) or on YouTube (Search: **mhsca hall of fame**). This project has received rave reviews from both our members and the larger lacrosse community in the state and nation.

### Improve Your Hall of Fame Ceremony.

To prevent an honoree from taking an inordinate amount of time at the microphone and to provide a balanced presentation for ALL inductees, MCADA (the Macomb County Athletic Directors Association) abandoned our earlier

"live coach/live mic" format and began recorded interviews of each honoree for ½ hour, four months in advance of the celebration.

Five questions are asked: "What does being inducted in to the Macomb County HoF mean to you?", "What made coaching enjoyable to you?", "What is your most memorable moment in coaching?", "Who was most influential in your coaching career?" and "Who would you like to thank for this honor?"

The video recording is then edited to a 4-minute presentation that is shown to the audience when the honoree is called forward to receive his or her plaque.

Not only does this allow for everyone to get an equal amount of "honor" time, it also allows the honoree to enjoy an evening free from public speaking jitters.

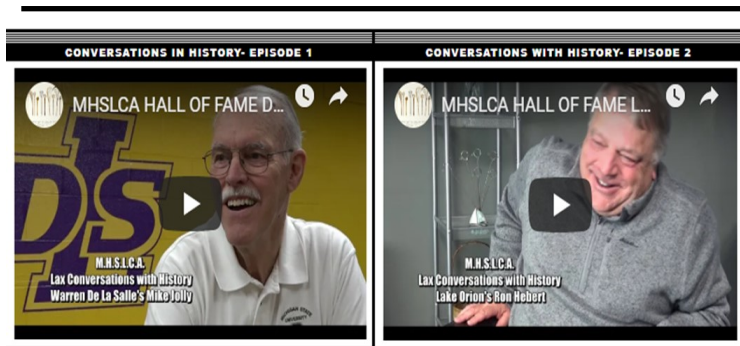
Perhaps the highlight for everyone in attendance is the showing of the "bloopers" or out takes at the conclusion of the evening.

Each honoree is also presented with a DVD containing everyone's interview and the bloopers.

A video collage of 15-20 coaching/family photos of each inductee's choice is shown continuously throughout the evening. Past MCADA Executive Director, Rob Dilday, of Utica Community Schools oversaw this change in format beginning with the 2003 celebration and continues to play an instrumental role to this day as interviewer and primary editor.

Its use is greatly appreciated by all involved: the honorees, the guests, and the organizing committee.

We hope these ideas may help you improve your sport association's activities.



**Michigan High School Sport Association**

**Coaches Clinic Events**

Baseball: January 11-12, 2019

@ Soaring Eagle, Mt. Pleasant

Basketball: October 14-15, 2019

Contact: Dennis Hopkins

dhopkins@oaklandchristian.com

Bowling : October 19-20, 2019

Site: TBA

MITCA: Cross Country:

November 7-9, 2019 @ Comfort Inn, Mt.

Competitive Cheer: October 12-13, 2019 @ Crowne Plaza Lansing

Football: January 17-19, 2019 @ Lansing Center & Radisson Capitol Center

Golf: February 18, 2019

@ MSU Golf Facility

Gymnastics : October 19, 2019

Men's Lacrosse: Hall of Fame Game May 4, 2019 @ Clarkston H.S. Time 7:30 p.m.

Skiing: October 12, 2019 @ Clair, Mich. Droughty Hotel

Softball: February 9-10, 2019

@ Causeway Bay, Lansing

Swimming: September 13-14, 2019 Site: McCamly Plaza Hotel

Tennis; February 1-2, 2019 Site: Hope College

Track & Field: February 2-4, 2019

Site: Lansing, Crowne Plaza Lansing

Volleyball: March 8 & 9 2019

@ Ann Arbor Huron High School

Wrestling: October 27, 2019

@ Mt. Pleasant, Comfort Inn

MIAAA: March 14 2019 @ Traverse City,

NHSACA Convention: June 23- 26th Bismarck, ND

**GATORADE SPORTS SCIENCE INSTITUTE**

**PROTEIN'S IMPORTANCE IN ATHLETES' FUNCTIONAL RECOVERY**

Chris Mohr, Ph.D., R.D.  
Consulting Sports Nutritionist, Cincinnati Bengals  
Co-Founder, Mohr Results, Inc.

**PROTEIN FOR RECOVERY**

It is widely accepted that athletes need carbohydrates to fuel their bodies and aid their recovery. Protein plays just as much of a role in recovery, but the importance is not as well understood. Of course, protein is considered a key nutrient for everyone, particularly all athletes, across all sports.

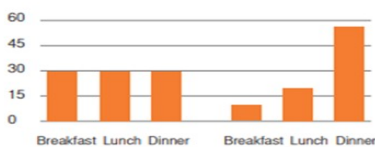
Anecdotally, aerobic athletes often focus protein intake and focus only on carbohydrates. On the flip side, anaerobic athletes focus more on protein than carbohydrates. Protein is important for all athletes, though, for optimal recovery and repair.

**RECOVERY AND REPAIR**

Arguably, the most important message about protein is about timing of intake, rather than needing to eat more (though many athletes do need to eat more). There is no storage depot for protein in the body like there is for carbohydrates (stored as glycogen) and fat (stored as fat). Therefore, the breakdown of protein into amino acids -- the beneficial components of the protein itself -- should be adequate to continually fuel the flux and needs of the body.

When you consider the average protein intake, most people take in around 10-15% of their protein in the morning, 10-15% in the afternoon and the remainder (70%) at dinner. This is shown on the right side of the below graph. The optimal timing, however, would be like the graph on the left, with grams of protein spread equally throughout all meals during the day.

Of course, this is just an example and not a suggestion for everyone to only eat three meals per day and take in just 90 grams of protein.



Athletes could certainly benefit from eating even more frequently than in the above example, focusing on timing that protein specifically around their workouts. The problem with this typical intake is that, again, protein is not stored. If you compare this to

the fuel in a car, you can only fill up your gas tank so much before it spills over. The same would be true for protein, where the "excess" amino acids would simply spill over and not be used as efficiently for muscle repair and recovery.

Remember, protein is not stored. So the excess taken in will simply be excreted. Therefore, focusing on timing of intake is crucial to maximize use and benefit for repair and recovery.

**PROTEIN QUANTITY**

Taking this one step further from just the timing of intake, there are data suggesting the quantity of protein intake also matters. More specifically, around 25-30 grams of protein post workout is optimal for the anabolic response needed for muscle recovery and growth, eaten (or drank) within 30 minutes after the end of your workout.

Below are a few examples of high quality protein options for this post workout "window." Any of these can work, depending on availability and preference.

QUALITY POST WORKOUT PROTEIN OPTIONS	PROTEIN QUANTITY
1 cup Cottage cheese and fruit	~28 grams
Protein smoothie	~20 grams
Gatorade Protein Recover Shake	20 grams
6-oz flavored Greek yogurt	~18 grams

**SUMMARY**

Quality protein is essential for muscle repair and recovery. In addition to focusing on protein quality it is also important to focus on the frequency of that intake. More specifically, it's also important to aim for 25-30 grams of protein immediately after a workout to repair those broken down muscles and prime them for the next workout.



**Michigan High School Coaches Association Insurance Program**

Michigan High School Coaches Association Insurance Program Loomis & LaPann, Inc. is the insurance administrator for the Michigan High School Coaches Association. We offer general liability coverage, directors and officers coverage, and camp coverage to the National Organization of Coaches Association Directors (NOCAD), which the Michigan High School Coaches Association is a member.

The General Liability policy will protect the Michigan High School Coaches Association and its members from claims made by negligent acts, accidentally committed, resulting in: bodily injury, personal and advertising injury or property damage to others. The policy also covers member coaches in the classroom. Below is an overview of coverages and exclusions. For a complete description of the scope and limitations of coverage, please refer to the policy

**Loomis & LaPann, Inc.**

INSURANCE SINCE 1852

Limits of Insurance:

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

Coverages

•Educators 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

(Optional) Participant Accident Coverage (for coaches with camps)

An Insured Person is covered for any sanctioned member coaches association activity. While participating in athletic and non-athletic activities organized, conducted, sponsored and supervised by a member coach, who is in good standing with the Michigan High School Coaches Association. Below is an overview of coverages and exclusions. For a complete description of the scope and limitations of coverage, please refer to the policy itself.

Limits of Insurance:

• Accidental Death & Dismemberment Principal Sum: \$5,000 • Accident Medical Maximum: \$25,000 • Accident Medical Type: Full Excess • Accident Medical Deductible: \$500 • Accident Medical Benefit Period: 52 weeks from the date of the Covered Accident

CARRIER Houston Casualty Company POLICY PERIOD August 1, 2016– August 1, 2017 Certificates of Insurance and Participant/Accident request forms are available on our website: [www.loomislapann.com](http://www.loomislapann.com)

INSURANCE ADMINISTRATOR [www.loomislapann.com](http://www.loomislapann.com) (P) 800-566-6479 | (F) 518-792-3426 Greg Joly [gjoly@loomislapann.com](mailto:gjoly@loomislapann.com), Lori George [lgeorge@loomislapann.com](mailto:lgeorge@loomislapann.com), Karen Bolter [kboller@loomislapann.com](mailto: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.



# MWLCA: Michigan Womens' Lacrosse Coaches' Association



The purpose of Michigan Women's Lacrosse Coaches' Association is to promote the appreciation, understanding, and growth of high school girls' lacrosse in Michigan. Our members make up the selection committee which identifies and recognizes All-State Players in both Division 1 and Division 2.

Our organization directs and coordinates the efforts of programs fostering sportsmanship and goodwill. We place an emphasis on promoting best interests of lacrosse student athletes in a manner consistent with the MHSAA and US Lacrosse practices and standards.

## DUES: \$35 Per Year

Payment of dues is required in order to receive insurance from the NHSCA, to vote and also to nominate players for All State, All American, Academic All State and Academic All American awards. Please make sure that your team has paid by the start of the season, Monday, March 9th to gain eligibility.

## MWLCA: Membership Info

### Join Your Coaches' Association



Membership applications and dues are due on October 15 for established teams. New teams may join before March 9 in order to have a vote and be covered by NHSCA insurance. Individual coaches and athletic directors may individually join for this coverage, but collectively each registered team has one vote. Members will be billed in the future for these dues.

Annual membership dues will be used to cover possible expenditures for the following:

- All-State Certificates
- Mailings/Communications
- Web site development and maintenance
- Refreshments/dinner for traveling coaches at MWLCA Meetings
- Scholarships for players in need

Make payment to:  
Michigan Women's Lacrosse Coaches' Association

Send payment to:  
Kate Twichell

Happy New Year,

We have set the final Region alignment. The Executive Committee wants to thank the Board of Directors for allowing us to make the needed changes to ensure it is fair for all members.

This was not an easy task but by using our criteria we believe the process worked.

Sports chairs are finishing up the scoring, so we can notify the 8 Finalists in each sport. You will receive a list of finalists very soon.

You can begin registering for the 2019 NHSACA in Bismarck, ND June 22 – 27 at the Ramkota Hotel.

We as an Executive Com-

mittee had our first skype meeting as a group.

It had a few minor problems but went very well. We discussed just a few items to experiment with.

This is something that we will continue to use and explore in the future.

As an Exec. Group and as an organization are continuing to grow in numbers and streamline our expenses to run NHSACA.

We are in the black and have money that Nebraska has already given us set aside for the 2020 convention.

I personally want to thank all those that have worked so hard to meet the needs of our organ-

ization in this technological age.

With the vision and benefits that we provide we are going to continue to grow.

God Bless,

David Dolan

South Dakota

Past President

## Contact Us

### ADDRESS

Dave Dougherty  
Executive Director, NHSACA  
5057 Rose Creek Pkwy S  
Fargo, ND 58104  
701-570-1008 (C)

June 22 - June 27, 2019 at Ramkota Hotel Bismarck, ND

2019 Preliminary Convention Schedule

## 2019 Preliminary Convention Schedule



**Bismarck Mandan Attractions**

Click for things to do



# MHSCA COACHING RECOGNITION for 15/20/25/30/35/40/45/50 Years

The candidate must have distinguished himself/herself with good coaching ethics and promoted good sportsmanship throughout his/her coaching career. \*The AD or principal's signature confirms this. Ten (10) years of coaching outside of Michigan may be applied to the application. Coaching at any level may be applied as long as it is a school sponsored interscholastic sport. To receive a general coaching certificate the candidate must have been coaching at least one sport per year at any level for the requested number of years. To receive specific certificates for a single sport the candidate must qualify for the specified number of

years in that sport. This can be at any level. You cannot however count more than one level or season for a sport in any one year. For example, coaching both boys and girls basketball during the same school year counts as "1" year; coaching both 7th grade boys and JV boys during the same school year counts as "1" year. Up to three (3) years may be included for active duty military service which delayed or interrupted an applicant's coaching career. Awards for 30 years and more (plaque) will have the sports that the candidate coached listed on the plaque. The coach will be presented only one award for each level of service

after 30 years.

For more information go to [www.mhsca.org](http://www.mhsca.org) or contact Mike Jolly at E-mail to: [dlsathletics@aol.com](mailto:dlsathletics@aol.com)



## Application online now for The Rich Tompkins Multi-Sport Athlete Award

The MHSCA Board of Directors recognized Rich Tompkins (1946-2015), former Executive Director, for his service to high school athletics by naming the multi-sport athlete award in his name.

Each school in the state can nominate one boy and one girl from their school for the MHSCA Rich Tompkins

Multi-Sport Athlete Award. The only requirement for the athlete is that they must have participated in a least 3 sports for all four years of high school. Information will be sent out through the help of the MIAAA to all AD's in the state.

Nominations are due by April 15th and must be submitted by the school's principal or AD. Each of the

nominees are evaluated on the basis of their athletic achievements (both individual and team), scholarship, leadership and service. The committee utilizes a rubric to rate the candidates.

All of the nominees receive a high quality certificate from the MHSCA in honor of being their

school's honoree. Additionally, one boy and one girl from each of the four classes of schools (A, B, C, D) receive a plaque as the MHSCA State Multi-Sport Athlete of the Year.

For more information contact Mr. Larry Merx, MHSCA 2nd Vice President at: [larrymerx@gmail.com](mailto:larrymerx@gmail.com) or go to [MHSCA.org](http://MHSCA.org)

## Saving in the New Year

The National High School Coaches Associations continues to partner with Gallagher Affinity to provide coaches many opportunities for save when traveling, office or home purchases, and personnel of professional coverage for your needs.

You can review these programs by checking out the web link <http://www.hscoachesbenefits.org/contact-us.html>

or go to the NHSACA website [www.hscoaches.org](http://www.hscoaches.org) to review these potential benefits.

National High School Athletic Coaches Association

**MEMBER BENEFITS**

**HOME**

**TRAVEL**

With so many great discounts on travel, it's time you finally take that trip. With your exclusive NHSACA membership, you can save on car rentals, hotels, trips and more!

**INSURANCE**

In today's world, it's more important than ever to make sure you and your family have great insurance coverage. We offer exclusive coverage on auto, home, life, and more!

**DISCOUNTS AND SERVICES**

As a member of NHSACA, your exclusive savings go beyond travel and insurance. We've partnered with some of today's best companies to provide you great discounts on goods and services!

**CONTACT US**

*Start saving on prescription drugs.*

- Save on over 50,000 prescription medications!
- Up to 75% off at over 65,000 pharmacies!
- Members enjoy an average yearly savings of \$150!



**JIM OKLER, EXECUTIVE DIRECTOR**  
CELL: 734-223-8490

854 MARSHALL STREET, MI 48875  
E-MAIL: [MHSCA1954@GMAIL.COM](mailto:MHSCA1954@GMAIL.COM)

**MARK F. HOLDREN, EXEC. SECRETARY**  
CELL: 517-526-4575

Executive Board

- Executive Director:  
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- Executive Secretary:  
Mark F. Holdren
- President:  
Larry Merx
- 1st Vice President  
John Cunningham
- 2nd Vice President  
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Executive Committees

- Rich Tompkins Multi-Sport  
Athlete Award  
Larry Merx
- Service Award  
Mike Jolly

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- MTCA: Track & Field &  
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- MVCA: Volleyball
- MWA: Wrestling

MICHIGAN HIGH SCHOOL COACHES ASSOCIATION  
HALL OF FAME APPLICATION

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

Contact Information

Date of Birth: \_\_\_\_\_

Name of Candidate: \_\_\_\_\_ Phone: \_\_\_\_\_

Home Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Candidate E-mail: (please print carefully) \_\_\_\_\_

School \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Athletic Director Name: \_\_\_\_\_ Phone: \_\_\_\_\_

E-Mail Address \_\_\_\_\_ FAX Number \_\_\_\_\_

Nominator's Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Home Address \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail: (please print carefully) \_\_\_\_\_

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

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

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

Coaching Honors Listed: \_\_\_\_\_

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

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

Mr. Mark Holdren, 854 Marshall Street, Portland, MI 48875  
For more information contact: [mholdren@portlandk12.org](mailto:mholdren@portlandk12.org) or call: 517-526-4575

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



**JIM OKLER, EXECUTIVE DIRECTOR**  
 CELL: 734-223-8490

854 MARSHALL STREET, MI 48075  
 E-MAIL: [MHSCA1954@GMAIL.COM](mailto:MHSCA1954@GMAIL.COM)

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 CELL: 517-526-4575

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 7<sup>th</sup> 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: [dleathletics@aol.com](mailto:dleathletics@aol.com)
  - Certificatees 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](mailto: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

Executive Board

- Executive Director:  
Jim Okler
- Executive Secretary:  
Mark F. Holdren
- President:  
Larry Marx
- 1st Vice President  
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Larry Marx
- Service Award  
Mike Jolly

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**MARK F. HOLDREN, EXEC. SECRETARY**  
 CELL: 517-526-4575

NAME: \_\_\_\_\_  
**COACHING SERVICE AWARD WORK SHEET**

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	School	Year	School	Sport		
	(Example)	(Example)	(Example)	(Example)	(Example)	(Example)
1	1990-91	MCHS	FB, BBSK, BSB	4	1993-94	MACOMB CC BBSK
2	1991-92	USAF	Active Duty	5	1994-95	TOLEDO ST. JOHN BBSK
3	1992-93	MACOMB CC	BBSK	6	1995-96	MCHS BBSK
	1960-81				2000-2001	
	1961-82				2001-2002	
	1962-83				2002-2003	
	1963-84				2003-2004	
	1964-85				2004-2005	
	1965-86				2005-2006	
	1966-87				2006-2007	
	1967-88				2007-2008	
	1968-89				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, MI 48875  
E-MAIL: [MHSCA1954@GMAIL.COM](mailto:MHSCA1954@GMAIL.COM)

**MARK F. HOLDREN, EXEC. SECRETARY**  
CELL: 517-526-4575

#### Executive Board

##### Executive Director:

Jim Okler

##### Executive Secretary:

Mark F. Holdren

##### President:

Larry Marx

##### 1st Vice President

John Cunningham

##### 2nd Vice President

Ted McIntyre

##### 3rd Vice President

Debbie Williams-Hoak

##### Past President

Steve Porter

#### Executive Committees

##### Rich Tompkins Multi-Sport Athlete Award

Larry Marx

##### Service Award

Mike Jolly

#### Member Associations

MHSBCA: Baseball

BCAM: Basketball

MHSBCA: Bowling

CCCAM: Competitive Cheer

MHSFCA: Football

MOGA: Golf

MHSQCJA: Gymnastics

MHSLCA: Men's Lacrosse

MWLCA: Women's Lacrosse

MHSSCA: Skiing

MHSSCA: Softball

MISCA: Swimming & Diving

MHSTeCA: Tennis

MITCA: Track & Field & Cross Country

MVCA: Volleyball

MWA: Wrestling

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

The MHSCA Distinguished Service Award:

MHSCA recognizes individuals and organizations who have provided extraordinary service to educational athletics, 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, or assistance distinction 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 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](mailto:MHSCA1954@gmail.com)

The Michigan High School Coaches Association has partnered with ADDIX to offer an online store starting February 11 until March 25 for Michigan High School Coaches Association / National High School Athletic Coaches Association upcoming 2019 National Coach of the Year honorees and Hall of fame Inductees or guest.

Here a few items to consider.

- Flex fit hat
- Fleeces
- Polo
- Sweatshirt
- 1/4 zip wind shirt

The MHSCA logo is included. For an additional fee will apply if you consider embroidery of the 2019 National Coach of the year and sport or Hall of Fame inductees on items.

These items also can be ordered for any past NHSACA participates or guest.

John Kargbo  
 Executive Vice President & Chief Marketing Officer  
 Sports Addix LLC  
 Official Custom Uniform Partner of the **NHSAA** & **AIA**  
 The Official Wrestling Gear of the **NHSAA**  
 E-mail: john@sportsaddix.com | Office: 616.987.3364



[WWW.ADDIXGEAR.COM](http://WWW.ADDIXGEAR.COM) PERSONIFY YOUR PURPOSE

Michigan High School Coaches Associations Apparel Program



The screenshot shows the MHSCA online store interface. At the top, there is a navigation bar with a 'View Cart' button showing 0 items for \$0.00, and icons for search, help, and login. The main header features the MHSCA logo and the text 'MICHIGAN HIGH SCHOOL COACHES ASSOCIATION'. Below the header, a welcome message states: 'Welcome to the online store. This online store has been developed to greatly simplify the team gear ordering process for you. To get started, just select the appropriate sizes and quantities for the items below. For any sizing questions, please reference our sizing guide at: <https://www.addixgear.com/sizing/>'.

The store displays seven product listings in a grid:

- SHORT SLEEVE POLO**: Price \$35.00, View Details
- SUBLIMATED 1/4 ZIP**: Price \$50.00, View Details
- SUBLIMATED FLEECE 1/4 ZIP**: Price \$55.00, View Details
- SUBLIMATED HOODED SWEATSHIRT**: Price \$55.00, View Details
- SCREEN PRINT HOODIE**: Price \$30.00, View Details
- SCREEN PRINT ADDIX PERFORMANCE TEE**: Price \$9.99, View Details
- EMBROIDERED SNAPBACK TRUCKER MESH**: Price \$25.00, View Details

Here is the link to your online store.  
<http://sportsaddix.tuosystems.com/stores/mhsc>

# Michigan High School Coaches' Association

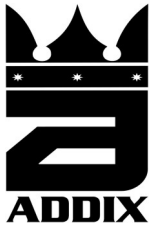


**Executive Director**  
James M. Okler, CMAA  
MHSCA1954@gmail.com

**Mark Holdren, Executive Secretary**  
854 Marshall St  
Portland, MI 48875  
517-526-4575  
Email: mholdren@portlandk12.org



## MHSCA Sponsors



Meet Your New Medco Sales Representative

Mandy Estep MS, ATC

Valued customers in Louisiana, Oklahoma and Texas,

We're pleased to announce Amanda Estep (Mandy), has joined the Medco Sports Medicine sales team, serving our South Central Territory.

Living just outside of Cincinnati Ohio, Mandy will assume responsibility for our Midwest sales territory which includes the states of Ohio, Michigan, Indiana, Kentucky and West Virginia.

Mandy received her Bachelor's degree in Athletic Training from Eastern Kentucky University where she was a member of the women's varsity soccer team, and her Master's degree in Sports Medicine from Georgia State University in Atlanta. After working several years as an Athletic Trainer for high schools in Georgia, North Carolina and Florida, Mandy and her family returned to Cincinnati where she worked as an Outreach Athletic Trainer for Mercy Health. Mandy began her sales career working for Apex Medical Systems and DJO Global, where she's worked for the past 2 years.

Mandy will begin her Medco career on Monday (October 9th) and spend the first week getting acclimated in our Amherst NY office. Please join me in welcoming Mandy to Medco and wishing her great success in her new position!

Thank you for your continued support of Medco Sports Medicine!

## MHSAA BOARD OF DIRECTORS & EXECUTIVE COMMITTEES CALENDAR

- Hall of Fame selection meeting, February 19, 2019 @ MHSAA building 9:00 a.m.
- Board of Directors Spring Board Meeting March 10, 2019 @ TBA, in Lansing
- Board of Directors Fall Board Meeting & Hall of Fame Banquet September, 15 2019 @ CMU



Our Performance Health Family of Brands Include:

