



# The Michigan Coach

THE OFFICIAL PUBLICATION OF THE MICHIGAN HIGH SCHOOL COACHES' ASSOCIATION

Founded: August 15, 1955

Issue: VII

October 2018

## EXECUTIVE BOARD

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Mark F. Holdren, Exec. Secretary  
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Larry Merx-President  
John Cunningham-1st Vice President  
Ted McIntyre-2nd Vice President  
Debbie Williams -Hoax, 3rd Vice President  
Past President-Steve Porter

## MEMBER ASSOCIATIONS

MHSBCA: Baseball  
BCAM: Basketball  
MHSBCA: Bowling  
CCCAM: Competitive Cheer  
MHSFCA: Football  
MIGCA: Golf  
MHSGCJA: Gymnastics  
MHSLCA: Men's Lacrosse  
MHSSCA: Skiing  
MHSSCA: Softball  
MISCA: Swimming & Diving  
MHSTeCA: Tennis  
MITCA: Track & Field &  
Cross Country  
MIVCA: Volleyball  
MWA: Wrestling

## CONTACT INFORMATION

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## MHSCA 2018 State Coach of the Year Awards

The Michigan High School Athletic Coaches Association, the professional organization of school coaches and athletic directors, (MHSCA) will host its annual state coach of the year winter banquet November 11th, 2018. The 2018 MHSCA state coach of the year award presentation for 24 coaches from 16 state sports association will take place 12:00 p.m. on November 11th at the Ramada Lansing Hotel & Conference Center, 7501 West Saginaw Highway, Lansing, MI during the MHSCA Winter Awards Luncheon in which over 24 coaches and athletic directors will participate.

Congratulations to MHSCA State Coach of the Year recipients. The selection and nomination for these awards comes from each coach's constituent sport association and through the Michigan High School Coaches Association.

The MHSCA state coach of year selection of these coaches reflects positively on their schools and community. Coach of the Year selections has been based on the performance of their programs over the years and/or their contribution to the sports, schools, and communities. These were some of the criteria to determine your selection. It is indeed an honor to have been selected as Michigan High School Athletic Coaches Association State Coach of the Year in their sports from the entire State of nominees.

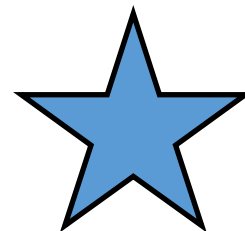
The MHSCA is a – 64-year-old association with nearly 35,000 members serving as athletic administrators, and all levels as coaches in numerous high schools and junior high/middle schools throughout the Great State of Michigan. The Michigan High School Coaches Association, works to promote the educational value of interscholastic athletics and the role of athletic administrators and coaches. The MHSCA are very proud to spotlight 24 State Coaches– are persons whose work and values best mirror those of the association.

Tickets can be purchased for \$40.00 at [MHSCA.org](http://MHSCA.org) or for further ticket information contact:

MHSCA Executive Director, Mr. James Okler, CMAA  
Email: [MHSCA1954@gmail.com](mailto:MHSCA1954@gmail.com) Cell: (734) 734-223-8490  
Or  
MHSCA Executive Secretary, Mr. Mark Holdern Email: [MHSCA1954@gmail.com](mailto:MHSCA1954@gmail.com) Cell: (517) 526-4575

## MHSCA COTY Inductees

Marc Hage-Athletic Director	TBA-Softball
Dan Griebuam-Baseball	Mike Venos -Girls Swim
Corey Sterling-Boys Basketball	Maureen Isaac-Boys Swim
Vonnie Delong-Girls Basketball	TBA-Skiing
Claude Lafnear-Girls Bowling	Terry Schwartzkopf-Boys Tennis
Dennis Hermani-Boys Bowling	Larry Harte-Girls Tennis
Brianna Verdoodt-Competitive. Cheer	Josh Powers-Girls Track
Tim Simpson-Girls Cross Country	Dave Emeott-Boys Track
Bryan Heid-Boys Cross Country	DJ Kellogg-Volleyball
Andrew Partley-Football	Jim Morrisette-Wrestling
Robert Beach-Boys Golf	
Debbie Williams-Hoak-Girls Golf	
Nancy Gregory-Gymnastics	
Rich Kimball-Boys Lacrosse	
TBA-Girls Lacrosse	



<p><b>Michigan High School Sport Association</b></p> <p><b>Coaches Clinic Events</b></p>
<p>Baseball: January 12-13, 2019</p> <p>@ Soaring Eagle, Mt. Pleasant</p>
<p>Basketball: October 13-14, 2019</p>
<p>Bowling : October 21 &amp; 22</p> <p>Site: Bowlers IQ in Sterling Heights</p>
<p><b>MITCA; Cross Country:</b></p> <p>November 9-10, 2018</p> <p>@ Comfort Inn, Mt. Pleasant</p>
<p>Competitive Cheer: October 12 &amp; 13</p> <p>@ Crowne Plaza Lansing</p>
<p>Football: January 17-19, 2019</p> <p>@ Lansing Center &amp; Radisson Capitol</p>
<p>Golf: February 18, 2019</p> <p>@ MSU Golf Facility</p>
<p>Gymnastics : N/A</p>
<p>Men's Lacrosse: Hall of Fame Game TBA</p>
<p>Skiing: October 21</p>
<p>Softball: February 10-11, 2019</p> <p>@ Causeway Bay, Lansing</p>
<p>Swimming: September, 2019</p> <p>Site: McCamly Plaza Hotel</p>
<p>Tennis; February 1-2 2019</p> <p>Site: Hope College in Holland</p>
<p>Track &amp; Field: January 31, Feb 1-2, 2019 Site: Crown Plaza, Lansing</p>
<p>Volleyball: March 8-9, 2019</p> <p>@ Ann Arbor High School</p>
<p>Wrestling: November 2-3, 2018</p> <p>@ Mt. Pleasant, Comfort Inn</p>
<p>MIAAA: March 14, 2019</p> <p>@ Traverse City</p>
<p>NHSACA Convention: June 22-26th Bismarck, ND</p>

**CARBOHYDRATES FOR ENERGY**

- Make sure about 2/3 of every meal is carbs with grains, fruits, vegetables and drinks
- Include carbs in snacks and meals

**PROTEIN FOR RECOVERY**

- Eat a combination of carbs + protein throughout the day in both snacks and meals (e.g., a chicken sandwich = protein in chicken, carbs in bun)
- Get about 20g\* of protein as soon as possible following activity



# Inside an ATHLETE'S Diet

What You Need & What It Means For Your Performance

As an athlete, what you eat and drink can affect your game. And while there are plenty of diet options out there, there are some key nutrients and foods to consider when you're in the middle of your season and want to perform your best.

**WHAT'S GOOD**

**Carbohydrates:**

Deliver the right type of energy with foods like:

- Bread
- Crackers
- Pasta
- Rice
- Potatoes
- Pretzels
- Beans
- Fruits & Vegetables

**Protein:**

Delivers amino acids for proper muscle recovery with foods like:

- Meat
- Fish
- Eggs
- Soy
- Cheese
- Yogurt

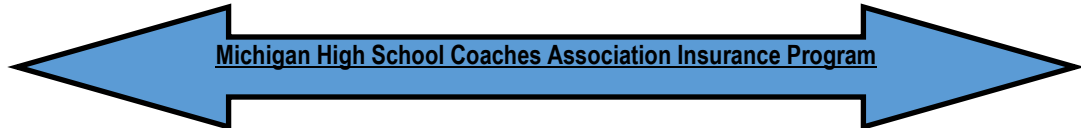
**Hydration:**

Delivers fluids to help keep you safe and on the field with drinks like:

- Gatorade® Thirst Quencher and other sports drinks
- Water

\*Based on an average weight of 180 lbs. If you're smaller, you may need less; larger and you may need more. To figure out an exact amount, multiply body weight in pounds by 0.11g

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**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 Boller [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.

# The Basketball Coaches Association of Michigan

## ARE YOU AN ASPIRING YOUNG COACH THAT WANTS TO BECOME A VARSITY COACH? HERE ARE A COUPLE OF THOUGHTS FOR YOU:

Submitted by Tom Hursey:  
Executive Director - BCAM

**1. University of Maryland, Baltimore County coach, Ryan Odom, has some advice for ambitious coaches:** *Note: UMBC is the #16 seed that beat the #1 seed Virginia in the NCAA's last spring.*

"Don't get caught up in climbing the ladder. The more you worry about that, the more it's not going to happen for you. Just dive in and do the best job where you're at. Somebody will notice, and things will change. "If you worry about what's next and not about where you're at, you may get the opportunity but you won't be ready. The key is to be ready for the opportunity when it comes."

## 2. That leads to an actual situation of a coach waiting for his chance and being ready for the opportunity.

Recently I had a honor of being the emcee at the Midland High School Athletic Hall of Fame.

One of the inductees had the following as part of his bio: **Assistant** Baseball Coach - 10 years Varsity Baseball Coach - 19 years Baseball State Champs - 1998 Baseball Coaches Hall of Fame - 2003

**Assistant** Football Coach - 25 years Varsity Football Coach - 9 years, Football State Finals Runner-up, Eight playoff appearances. Football Coaches Hall of Fame - 2009 Midland County Athletic Hall of Fame

The coach's name is Terry Wilczek. He put in the time as an assistant coach and when the opportunity presented itself, he was ready. There are many more of similar stories around the state. Don't think that you have to jump into a head coaching position immediately. Usually that quick jump is also a quick exit.

October, 2018

It is that time of year. Fall seasons are coming to a close with some state championships completed and a few to be played.

Winter season is just around the corner with preparations being made for those activities. This means it is time for the fall meeting. The fall meeting will be taking place in Bismarck, ND, on Friday, November 2 and Saturday, November 3 at the Ramkota Inn.

The agenda is again packed full of items for the executive committee members to discuss and make decisions on.

The meetings are always very informative and allow me to learn more about the NHSACA which will help me when I become president in 2020-21.

Ted Schroeder, 1st vice president, mentioned in his September newsletter that he was encouraged by the efforts that Rich Montgomery, Bubba Davis, Heath Hayes, and Gary Makowicki have made to recruit new states. I would also like to give credit to Ted, Darin Boysen, Dave Dougherty and Ed Kirshner for their work in the process.

The goal to expand is happening. The Ad Hoc Committee for Standing Committee Reorganization included Dave Dolan, Rich Montgomery and Gelaine Orvik.

The information they have presented will allow the executive committee to revamp and reduce the standing committees. Darin Boysen, Ted Schroeder and Dave Dougherty continue to work on the procedures for determining award regions.

These will be set in place after the coach of the year application due date. It is very important that the nominees complete the application forms and get them sent in before the due date in order to maintain their eligibility for the award. Please stress this to your finalist (s).

Darin has also been working on bringing more educational opportunities to this organization.

There will be more to come on an online coaching certification class for members of NHSACA.



Randy Johnson with the North Dakota Convention Committee has been busy with the organization of the summer convention.

The clinic is in Bismarck on June 21 through 27.

You can make reservations at the Ramkota in Bismarck. The rates are \$109, and the phone number is 701-258-7700.

The first board meeting will be on Sunday, June 23. Remember to check out the website and send suggestions for updates to us.

The website is: [www.hscoaches.org](http://www.hscoaches.org). Finish fall strong and good luck during the winter sports season! Rocky Ruhl  
2nd Vice President



## 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 mili-

tary 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. Infor-

mation 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)



## The High School Interscholastic Bowling Coaches Association

As our season nears we are gearing up with our Annual General Meeting the weekend of Saturday October 20th (our clinic hosted by Bowling Hall of Famer Aleta Sill and Michelle Mullins).

The clinic includes lunch, and then coaches meeting followed by an afternoon of MHSAA bowling rules meeting hosted by Cody Inglis.

On Sunday the 21st, our association is sponsoring our new varsity coaches both the CAP 1 and CAP2 classes. We as an association are paying for the first 20 coaches who commit to attend. The Classes are open for all coaches of all sports.

We as an association are very proud to be able to begin offering our veteran coaches to be considered for the pres-

tigious MHSCA Hall of Fame. What a thrill for our recipients.

Other items of ON THE HORIZON, are the possible move from 4 to 5 divisions.

Finally, the opportunity to host our Division 1 state finals at one of the most storied bowling cen-

ters in the state. The Tunder-bowl lanes in Allen Park!

What an opportunity it will be to compete for both our singles and team events in the in this historic stadium.

David. Kowalski  
President  
MHSIBCA

MHSCA –Board of Directors Meeting Minutes

Date: Sunday, September 16, 2018@ 9:00 A.M.

Place of Meeting: Bovee Center, Mt Pleasant

### Agenda

**Call to Order:** Jim Okler, Executive Director

**Welcome:** Introduce Guest & Board Members

**Approval of:** Spring 2018 Minutes, moved to accept minutes, passed

### **Presidents Report: Steve Porter**

Meeting agenda – approved

- Associations Updates
  - Mark Holdren – Wrestling - returning to Ford Field for state all class tournament.
  - Steve Porter – MITCA – 2 clinics – Fall Cross Country – Emma Coburn – world champion steeple chase, 3<sup>rd</sup> year – First Clinic for half price, bring numbers back to clinic. Asking for coaches to bring in a former athlete to see clinic for \$35 to get them interested in either coaching or officiating.
  - Mike Jolly – M.H.S.L.C.A. Association Report – M.H.S.C.A. – 9/16/2018
    - ✦ Boys lacrosse continues to grow. The MHSAA will sponsor 129 programs for 2019 in 2 divisions. The largest school is Macomb Dakota with 5576 students. The smallest is GP University-Liggett School with 287 students. The break point between Division 1 and Division 2 is 1482/1481. The creation of a 3<sup>rd</sup> Division for state championship play continues to be a goal of the MHSLCA which is being resisted by the MHSAA.
    - ✦ The newest challenge for the boys lacrosse community to meet is the dissolution of LaxPower.com. This website provided statistical information for lacrosse teams at all levels (schedules, records, strength of schedule, power rankings, and the like). This information was used by the MHSAA seeding committee to compile the playoff schedule. Now the MHSAA is working on developing their own formulae to produce this much-needed information.
    - ✦ The boys lacrosse association continues to work with the University of Michigan, US Lacrosse-Michigan Chapter, and the girls high school lacrosse association on the creation of a Hall of Fame display at U of M's new lacrosse facility. Coordinating these three bodies is a challenge but we are optimistic about creating such a site.
    - ✦ The MHSLCA revamped its selection process for All-State honors. There are still wrinkles to be worked out but all programs had input in creating the new process.
    - ✦ The MHSLCA is considering dividing our "Area" (Michigan) into two smaller Areas for selection of All-America, Academic All-America, Coach of the Year, etc. Balloting for All-America honors has become very cumbersome and it is challenging for electors (all coaches) to know the best players throughout the state.  
  
The MHSLCA is also interested in what other h.s. sports associations charge for advertising/sponsorship.
  - Bowling – Clinic at Royal Scot in Lansing, which will include rules meeting. Concern with coach turnover – many coaches are parents that leave after children graduate. Which to push to 5 divisions – tournaments are two long. Team and individual regionals are Friday and Saturday. Number of lanes have an effect on participation.
  - John Cunningham – Gymnastics: small but growing sport, concern with teams that host a team but no home gym – they are coming out of the clubs. Judges Cup – simulates events and scoring for judges, coaches and athletes to understand how scoring occurs. Sites for regionals are difficult to find.

## MHSCA –Board of Directors Meeting Minutes

Date: Sunday, September 16, 2018@ 9:00 A.M.

Place of Meeting: Bovee Center, Mt Pleasant

- Sue Miller – Skiing: Clinic at Clare, every other year switch from a one day to two day. CPR Class, ski reps, etc. MHSAA has been helpful, a user-friendly rulebook has been developed for the new coaches for meets.
  - Tennis- Eric Gajar: mandatory reporting of match scores. State tournaments will continue to rotate, board meeting coming up. 18 teams at each Regional. Numbers are decreasing, especially for boys. Talking about the role of the umpire. Piloting coach's roles.
  - Golf – Debbie Williams-Hoak: Concern over scoring controversy and possible cheating. Increase observers to watch players and scores. Rules need to be taught to players, by coaches to eliminate concerns of integrity. Topic of change of seasons, boys golf trying to move to spring. Regional dates are limited to 4 dates and are in conflict with testing dates. Coaches clinic in February. TBA
  - Cheerleading: Competitive Cheer Clinic is October. Schools participating in cheer have remained the same. 3 hall of fame coaches are being inducted this year. Website is being maintained with scores throughout the state. New rulebook every two years.
  - Volleyball: Clinic March 8-9 with Mark Rosen at UofM. Pure Michigan. President when to reaching higher process. All Stars are not participating in meet because of concern of injury.
  - Softball: split between softball and baseball for post season tournaments. Schools may be in several different divisions.
  - Football – Larry Merx: number up to about 1500, base fee memberships depending on size of school. All Star – game in June: good for players and coaches. Money loser. Partner with National Football Foundation and College National Team. Change in the leadership at the MHSAA. Partner with MHSAA to talk about recruitment. Strength of schedule process for team selection for state playoffs.
  - Basketball – Tom Hursey: BCAM's Best – must be a member of association in order to get on the team recognition. School special for members – 15 coaches for one price. Sponsorships are a result of the numbers in members, largest in the country. Seeding as an issue, hopeful with the MHSAA change to use statistic program for strength of schedule. National level to include bring college recruitment back to the high school coach. Coordinating with officials and coaches concerns.
- Swimming: Clinic – online registration, submit workouts, what a week would look like and everyone submits gets a pdf. New coaches promoted by coaches. Coverage concerns – Mr and Mrs Swimmer. Power point system for dream team. Scholarship program. State meet rotation.

**Treasurer's Report:** Mark Holdren

Treasurer's Report submitted by Mark F. Holdren, Executive Secretary

Date: September 16, 2018

## Assets:

Family Financial Credit Union – Muskegon	Checking: \$6,048.98	
	Savings: \$4,626.40	
Portland Federal Credit Union – Portland	Checking: \$14,749.01	
	<u>Savings: \$28,388.27</u>	
	Total: \$53,812.66	

MHSCA –Board of Directors Meeting Minutes

Date: Sunday, September 16, 2018@ 9:00 A.M.

Place of Meeting: Bovee Center, Mt Pleasant

Association Paid Members and Paid Insurance: 9/1/2018

Year	15-16		16-17		17-18		18-19	
	Paid Mem- bers	Paid Insur- ance	Paid Mem- bers	Paid Insur- ance	Paid Mem- bers	Paid Insur- ance	Paid Mem- bers	Paid Insur- ance
Baseball	600	842	600	762	600	705		
Basketball	600	0	600	0	600	0		
Bowling	272	0	295	0	278	0		
Cheerleading	522	522	476	476				
Football	600	1564	600	1925	600	1987		
Golf	363	0	388	0	410	0		
Gymnastics	38	38	36	36	48	48		
Lacrosse – Men's	110	110	120	120	130	130	122	122
Lacrosse – Women's					54	54		
MITCA	600	1087	600	1072	600	1029		
Ski	111	111	110	110	127	127		
Softball	600	673	600	720	600	691		
Swimming	442	442	453	453	432	432		
Tennis	290	0	292	0	288	0		
Volleyball	335	0	184	0	255	0		
Wrestling	446	446	600	647	583	583		
Total	5929	5835	5954	6321	5605	5786		

MHSCA –Board of Directors Meeting Minutes

Date: Sunday, September 16, 2018@ 9:00 A.M.

Place of Meeting: Bovee Center, Mt Pleasant

Running Budget:

	MHSCA Year Budget	2018-19	2017-18	2016-17	2015-16
Item	REVENUE				
1	Membership Fees	\$ 10,290.00	\$29,170.00	\$ 27,650.00	\$ 28,430.00
2	Insurance Fees	\$ 9,765.00	\$27,815.00	\$ 28,430.00	\$ 29,786.00
3	Hall of Fame Banquet	\$ 2,664.00	\$4,620.00	\$ 4,793.00	\$ 3,960.00
4	Coach of the Year Banquet	\$ -	\$1,480.00	\$ 2,640.00	\$ 1,920.00
5	Donations				\$ 820.00
6	Dividend/Interest	0	\$ 36.23	\$ 29.45	\$ 19.53
7	Advertising				
8	Misc. Revenue	\$ 60.00	\$1,042.27	\$ 75.00	\$ 80.00
	Total REVENUE	\$ 22,779.00	\$64,163.50	\$ 63,617.45	\$ 65,015.53
Item	EXPENDITURES				
9	National Association Dues	\$ (400.00)	(\$1,400.00)	\$ (1,400.00)	\$ (1,400.00)
10	Insurance Payment	\$ (27,790.82)	(\$29,364.46)	\$ (25,836.20)	\$ (22,432.20)
11	Hall of Fame Banquet	\$ (300.00)	(\$8,028.66)	\$ (7,917.38)	\$ (7,221.94)
12	Coach of the Year Banquet	\$ -	(\$4,223.32)	\$ (4,252.09)	\$ (4,931.93)
13	Executive Director Compensation				
14	Executive Director Travel Expenses	\$ -	(\$201.12)	\$ (212.86)	\$ (160.92)
15	Executive Secretary Compensation	\$ -	(\$738.92)	\$ (2,080.92)	\$ (2,107.36)
16	Executive Secretary Travel Expenses	\$ -	(\$1,261.08)		
17	Executive Board Meetings	\$ -	(\$462.11)	\$ (976.02)	\$ (508.13)
18	Executive Board Mileage	\$ -	(\$2,734.15)	\$ (2,417.30)	\$ (3,678.96)
19	Website	\$ (300.93)	(\$476.93)	\$ (468.93)	\$ (476.93)
20	National Conferences	\$ -	(\$7,921.59)	\$ (6,430.55)	\$ (11,500.57)
21	Special Projects	\$ -	(\$1,595.00)	\$ (300.00)	\$ (673.03)
22	Service Awards	\$ (57.65)	(\$86.15)	\$ (232.56)	\$ (320.26)
23	Multi-Sport Awards	\$ -	(\$1,124.28)	\$ (1,044.33)	\$ (730.74)
24	Supplies	\$ -	(\$64.13)	\$ (643.81)	\$ (1,656.79)
25	Tax Prep Documentation	\$ (20.00)	(\$795.00)	\$ (555.00)	\$ (677.28)
26	Postage	\$ -	(\$367.97)	\$ (110.66)	\$ (829.10)
27	Misc. Expenses	\$ -	(\$760.00)	\$ (62.16)	\$ (100.00)
	Total EXPENDITURES	\$ (28,869.40)	(\$61,604.87)	\$ (54,940.77)	\$ (59,406.14)
	Total REVENUE	\$ 22,779.00	\$64,163.50	\$ 63,617.45	\$ 65,015.53
	NET INCOME	\$ (6,090.40)	\$2,558.63	\$ 8,676.68	\$ 5,609.39

MHSCA –Board of Directors Meeting Minutes

Date: Sunday, September 16, 2018@ 9:00 A.M.

Place of Meeting: Bovee Center, Mt Pleasant

Running Budget:

Moved and 2<sup>nd</sup> to accept Treasurer Report as written

Moved and 2<sup>nd</sup> That Steve Porter, Larry Merx, and Mark Holdren review the MHSCA yearly budget and assess the need for a dues increase.

**Executive Secretary: Mark F. Holdren**

**Hall of Fame:** We are looking for ways to increase the number of individuals who apply for the Hall of Fame.

**3-Sports Awards: Larry Merx**

5<sup>th</sup> Year of Rich Tompkins Multi-Sport Award program. A rubric is used to score. Presentations are at senior and sporting banquet activity. MHSAA task force has been trying to looking at partnering. Sport Addix sponsors the award at about \$1000. November 29, 2018 task force meeting invited.

Discussion if we could incorporate team recognition multi-sport process.

**Service Awards: Mike Jolly**

Longevity Awards – every 5 years from 15 – 50 years. Suggestions for completing form on line. Google Form possible.

**Distinguished Service Award:**

Need nominations – associations are encouraged to nominate.

**MHSAA Reports:** Mark Holdren & Steve Porter are scheduled to attend the MHSAA Presidents Meeting January 22, 2018

**Nocad Report:**

- Jason Foundation – provides a model program for suicide prevention.
- Next NOCAD Meeting will be held on January 18-20 in New Orleans, Louisiana and in Pasadena, California in 2020.
- NOCAD Insurance, Loomis and LaPann – no increase anticipated for the 2018-2019 year.

Great presentation for National Anthem protocol.

**Website:**

Social Media – increase in using Facebook and twitter to release news such as, coach of the year, hall of fame. Thank you to Darrin Miller for helping to se this up.

**Unfinished Business:**

Gatorade- product to the associations, cups, table skirts, coolers, etc.

Constitution Committee-Kim Salsbury

Review & Establish 2018-19 Calendar

2018-19 NHSACA Awards & HOF inductees

2018-19 NHFS Awards winners-??

MHSCA –Board of Directors Meeting Minutes  
Date: Sunday, September 16, 2018@ 9:00 A.M.  
Place of Meeting: Bovee Center, Mt Pleasant

**New Business:**

New Members: Trap, Crew, Equestrian, Girls Wrestling

Possible Criteria - School sponsored sport with an association within the state, constitution.

Executive Board Membership –

Sponsorships (2 contacts)

2019-20 COTY Awards: MHSCA/NFHS/NHSCA-COTY- Review RUBRIC for your association.

NHSACA Conference: Budget Committee discussion of sponsorships

Hall of Fame – How do you remove from the Hall.

Email – Tiger Tusink – request to be withdrawn from board and mailing list.

2018-19 Calendar of Events

5 Year Plan- increase communication and organization. Relocated offices and banks, updates of contacts for information. Notification of Events, meetings. Newsletter, Define the association. Finance and budget. transactions. Transparent. Publishing costs for operation of association. Sponsorships??

12:03pm

**Next Meeting:**

**November 11, 2018**

**Time: 9:00 AM**

**Site: Ramada Inn, Lansing**

\*\*\*\*\*

**Items from the Floor:**

**ANYONE, ANYONE, ANYONE**

**\*2018-19 MHSCA Calendrer of Events\***

- Winter Board Meeting: Sunday, November 11, @ 9:00 A.M. Lansing Area
- 2018 Coach of the Year Ceremony: Sunday November 11, @ 12:00 P.M. Lansing Area
- MHSAA President Meeting Monday January 28 @ 6:00 p.m.
- MHSCA HOF Selection meeting Tuesday February 15, @ 9:30 a.m. Site-MHSAA
- MHSCA Spring Meeting Sunday March 10, @ 12:00 P.M. Site Lansing Area
- Gatorade Delivery: May 2018, @ TBA
- NHSACA Annual Convention: June 22-27 @ Bismarck, ND
- MHSCA/NFHS & NHSACA COTY Nominations Due: July 1, 2019
- Fall Board of Directors Meeting: Sunday, September 15 @ 9:00 A.M. CMU Campus
- Hall of Fame Induction Ceremony: September 15 @ 12:00 P.M. CMU Campus
- NFHS & NHSACA COTY Nominations sent to National Office October 30, 2019



**JIM OKLER, EXECUTIVE DIRECTOR**  
CELL: 734-223-9490

854 MARSHALL STREET, MI 48875  
E-MAIL: [MISCAT1554@GMAIL.COM](mailto:MISCAT1554@GMAIL.COM)

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

Executive Board

- Executive Director:  
Jim Okler
- Executive Secretary:  
Mark F. Holdren
- President:  
Larry Merx
- 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 Merx
- Service Award  
Mike Jolly

Member Associations

- MHSBCA: Baseball
- BCAM: Basketball
- MHSBCA: Bowling
- CCCAM: Competitive Cheer
- MHSFCA: Football
- MGCA: Golf
- MHSGCJA: Gymnastics
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- MHSSCA: Softball
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- MHSTCA: Tennis
- MITCA: Track & Field &  
Cross Country
- 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)

# MHSCA.ORG

MICHIGAN HIGH SCHOOL COACHES ASSOCIATION



JIM OKLER, EXECUTIVE DIRECTOR

CELL: 734-223-8490

854 MARSHALL STREET, MI 48875

E-MAIL: [MHS1954@GMAIL.COM](mailto:MHS1954@GMAIL.COM)

MARK F. HOLDREN, EXEC. SECRETARY

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: [dlsathletics@aol.com](mailto: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](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 Merx

##### 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 Merx

##### Service Award

Mike Jolly

#### Member Associations

MHSBCA: Baseball

BCAM: Basketball

MHSBCA: Bowling

CCCAM: Competitive Cheer

MHSFCA: Football

MIQCA: Golf

MHSGCJA: 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

# MHSCA Service Award Worksheet



**JIM OKLER, EXECUTIVE DIRECTOR**  
CELL: 734-223-3490

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

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

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

**Executive Board**

- Executive Director:**  
Jim Okler
- Executive Secretary:**  
Mark F. Holdren
- President:**  
Larry Merx
- 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 Merx
- Service Award:**  
Mike Jolly

**Member Associations**

- MHSBCA: Baseball
- BCAM: Basketball
- MHSBCA: Bowling
- CCCAM: Competitive Cheer
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- MGCA: Golf
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- MHSSCA: Skiing
- MHSSCA: Softball
- MISCA: Swimming & Diving
- MHSTCA: Tennis
- MTCA: Track & Field & Cross Country
- MVCA: Volleyball
- MWA: Wrestling

	School	Year	School	Sport	School	Year	School	Sport
	(Example)	(Example)	(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	
	1980-81				2000-2001			
	1981-82				2001-2002			
	1982-83				2002-2003			
	1983-84				2003-2004			
	1984-85				2004-2005			
	1985-86				2005-2006			
	1986-87				2006-2007			
	1987-88				2007-2008			
	1988-89				2008-2009			
	1989-90				2009-2010			
	1990-91				2010-2011			
	1991-92				2011-2012			
	1992-93				2012-2013			
	1993-94				2013-2014			
	1994-95				2014-2015			
	1995-96				2015-2016			
	1996-97				2016-2017			
	1997-98				2017-2018			
	1998-99				2018-2019			
	1999-2000				2019-2020			

SPORT CODE
BBS, 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

# MICHIGAN HIGH SCHOOL COACHES ASSOCIATION

Fostering continued development and improvement in Michigan interscholastic athletics.

## MHSCA State Coach of the Year Banquet Ticket Request

**November 11, 2018**

**Social: 12:00 p.m. Luncheon 12:30 P.M.**

### Executive Board

#### Executive Director:

Jim Okler

#### Executive Secretary:

Mark F. Holdren

#### Larry Mers-President

John Gunningham-1st  
Vice President

Ted McIntyre-2nd Vice  
President

Debbie Williams-Holt,  
3rd Vice President

Past President-Steve  
Parker

#### Executive Committees

Rich Tompkins Multi-  
Sport Athlete Award  
Larry Mers

Service Award  
Mike Jolly

### Member Associations

MHSCA: Baseball

BCAM: Basketball

MHSBCA: Bowling

CCCAM: Competitive  
Cheer

MHSFCA: Football

MGCA: Golf

MHSFGA: Gymnastics

MHSLCA: Men's Lacrosse

MWLC: Women's Lac-  
rosse

MHSKA: Skiing

MHSNA: Softball

MNSA: Swimming &  
Diving

MHSSTA: Tennis

MHTCA: Track & Field &  
Cross Country

MHAA: Athletic Directors

MVCA: Volleyball

MWA: Wrestling

### Michigan High School Coaches Association

#### Coach of the Year Recognition Banquet

Welcome to the 2018 MHSCA  
awards banquet.

The last 59 banquets have been  
very well received, and we hope  
you can join us in honoring  
coaches from across our state.

Here is how anyone can attend.  
Please send the request form or  
contact us.

WWW.MHSCA.ORG

**MHSCA**



The Banquets will be held Sun-  
day, November 11, 2018 at the  
RAMADA LANSING HOTEL AND  
CONFERENCE CENTER, 7501  
West Saginaw Highway Lan-  
sing, MI 48917 (517) 627-  
3211.

Please Make checks payable to  
MHSCA:

Questions please feel free to  
call James Okler 734-223-8490  
or Mark Holdren 517-528-457

Or Email us at:  
MHSCA1954@gmail.com

The MHSCA is a 503 (c) (3) chari-  
ty. Donations are tax deducti-  
ble.

Please mail R.S.V.P. by October  
30, 2018

Yearly, one coach from each  
sports coaching association of  
the MHSCA members select  
their person to be honored as  
the MHSCA State Coach of the  
Year from the seventeen sport  
categories.

Coaches selection may have  
been based on their team's  
performance last year or it may  
have been based on the perfor-  
mance of their program over the  
years and/or their contribution  
to the sport, school, and com-  
munity. These were some of the  
criteria to determine selection.

It is indeed an honor to have  
been selected as the MHSCA  
State Coach of the Year in their  
sport from the entire state to be  
honorees.

2018 MHSCA State COY

#### Method of Payment

Cash

Check

Purchase Order  
Number

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

email \_\_\_\_\_

Signature \_\_\_\_\_

#### Sign up for: Name of Coach you are wishing to honor:

	Price
<input type="checkbox"/> Name of ticket holders	\$40.00
<input type="checkbox"/> Name of ticket holders	\$40.00
<input type="checkbox"/> Name of ticket holders	\$40.00
<input type="checkbox"/> Name of ticket holders	\$40.00
<input type="checkbox"/> Total of all from front & back tickets @ \$40.00 =	

**Additional Tickets may be purchased beyond above  
number. Please list names of guest on back.  
Please Make Checks Payable to MHSCA**

WWW.MHSCA.ORG

Primary Business Address  
Mr. Mark Holdren, Executive Secretary  
854 Marshall St.  
Portland, Michigan 48875

Phone: 734-223-8490  
Phone: 517-528-4575  
E-mail: MHSCA1954@gmail.com

**Tickets order after November 1st, will be  
available at the door.**

# Michigan High School Coaches' Association



## Executive Director

James M. Okler, CMAA  
MHSCA1954@gmail.com

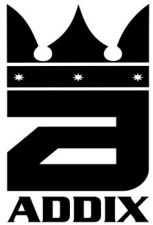
## Mark Holdren, Executive Secretary

854 Marshall St  
Portland, MI 48875  
517-526-4575

Email: mholdren@portlandk12.org



## MHSCA Sponsors



## MHSCA BOARD OF DIRECTORS & EXECUTIVE COMMITTEES CALENDAR

- Board of Directors Winter Board Meeting & Coach of the Year Recognitions November 11, 2018 @ Ramada Convention Center, Lansing
- Board of Directors Spring Board Meeting March 10, 2019 In the Lansing Area