

# The Michigan Coach

THE OFFICIAL PUBLICATION OF THE MICHIGAN HIGH SCHOOL COACHES ASSOCIATION

MICHIGAN HIGH SCHOOL COACHES ASSOCIATION  
854 Marshall street, Portland 48875

## mhsca

Founded: August 15, 1955

### EXECUTIVE BOARD

Executive Director  
James M. Okler,

Email: [MHSCA1954@gmail.com](mailto:MHSCA1954@gmail.com)

Executive Secretary  
Mark Holdren

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MIAAA: Athletic Directors

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BCAM: Basketball

MHSBCA: Bowling

CCCAM: Competitive Cheer

MHSFCA: Football

MIGCA: Golf

MHSGCJA: Gymnastics

MHSHCA: Men's Ice Hockey

MHSLCA: Men's Lacrosse

MHWLCA: Women's Lacrosse

MHSSCA: Skiing

MHSSCA: Softball

MISCA: Swimming & Diving

MHSTeCA: Tennis

MITCA: Track & Field &  
Cross Country

MIVCA: Volleyball

MWA: Wrestling

### CONTACT INFORMATION

WEBSITE: [mhsca.org](http://mhsca.org)

PHONE: 517-526-4575

## The Rich Tompkins Multi-Sport Athletic Award 2020-21 STATE WINNERS

The Michigan High School Coaches Association (MHSCA), the professional organization of high school coaches and athletic directors, is announcing eight Senior Athletes from around the state as the MHSCA's Rich Tompkins Multi-Sport Athlete Award winners.

The Rich Tompkins Multi-Sport Athletic Award provides an opportunity to recognize student athletes who have excelled in a variety of athletic, academic, school and community endeavors. Only student athletes who participated in a minimum of three seasons of interscholastic athletics in each of four years are considered for the award can be nominated by their school administration.

Award winners are determined by earning the most points as established through a rubric which includes athletic accomplishments, athletic leadership, school involvement, academic achievements, as well as, community involvement.

In 2021 there were 108 nominees for the award. All nominees will receive a certificate recognizing their accomplishments. The eight winners representing a boy and a girl from each class receive a plaque.



The 2020-21 student-athletes that were selected as the State winners for the Rich Tompkins MHSCA Multi-Sport Athlete Award were:

Mia Rzepka from Coldwater High  
School Class A Girls

Kade Manzo from Lake Orion High  
School Class A Boys

Ellen Bretzke from Benzie Central  
High School Class B Girls

Sampson Ross from Benzie Central  
High School Class B Boys

Kallie Harrison from Bloomingdale  
High School Class C Girls

Camden Orr from New Lothrop High  
School Class C Boys

Jessica Smith from Mason County  
Eastern High School Class D Girls

Carson Voss from Dansville High  
School Class D Boys

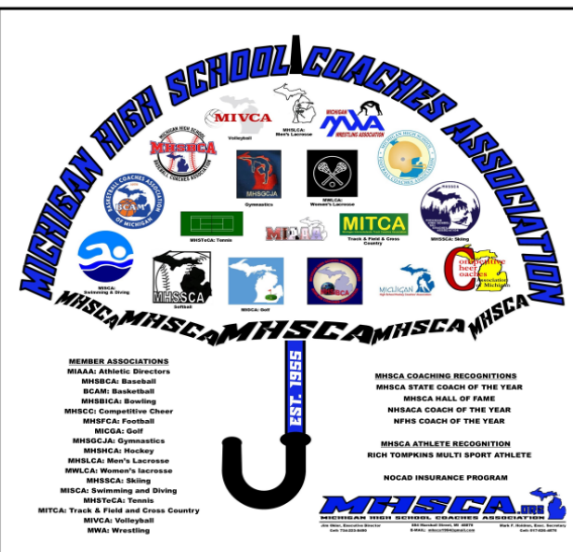


Rich Tompkins

MHSCA Executive Director 2002-2015

THANK YOU: Chair Larry Merx, and committee Mark Holdren, Debbie Williams-Hoak, and Sue Miller.

Since the implementation of the Rich Tompkins Multi-Sport Athletic Award in 2015, we have received robust feedback on the impact of the program.







Kade Manzo from Lake Orion Class A Boys



Mia Rzepka Class A Girls Coldwater with Athletic Director Todd Farmer


**Rich Tompkins  
Multi-Sport  
Athlete Award**

Class A Male

Athlete Name Kade Manzo

School Name Lake Orion

In recognition of  
Outstanding Accomplishments in  
Academics and Athletics  
in each of  
Four Years of High School  
and  
Three Seasons  
List of sports participated  
Football, Hockey &  
Lacrosse

2020-2021

Sponsored by the Rich & Carol  
Tompkins, and The Harvey & Eleanor  
VanClen Foundation
**Rich Tompkins  
Multi-Sport  
Athlete Award**

Class A Female

Athlete Name Mia Rzepka

School Name Coldwater

In recognition of  
Outstanding Accomplishments in  
Academics and Athletics  
in each of  
Four Years of High School  
and  
Three Seasons  
List of sports participated  
Swimming & Diving  
Basketball, & Softball

2020-2021

Sponsored by the Rich & Carol  
Tompkins, and The Harvey & Eleanor  
VanClen Foundation
**Rich Tompkins  
Multi-Sport  
Athlete Award**

Class B Male

Athlete Name Sampson Ross

School Name Benzie Central

In recognition of  
Outstanding Accomplishments in  
Academics and Athletics  
in each of  
Four Years of High School  
and  
Three Seasons  
List of sports participated  
Football, Wrestling &  
Baseball

2020-2021

Sponsored by the Rich & Carol  
Tompkins, and The Harvey & Eleanor  
VanClen Foundation
**Rich Tompkins  
Multi-Sport  
Athlete Award**

Class B Female

Athlete Name: Ellen Brezke

School Name: Benzie Central

In recognition of  
Outstanding Accomplishments in  
Academics and Athletics  
in each of  
Four Years of High School  
and  
Three Seasons  
List of sports participated  
Cross Country, Basketball,  
Trak & Field

2020-2021

Sponsored by the Rich & Carol  
Tompkins, and The Harvey & Eleanor  
VanClen Foundation

# The Rich Tompkins Multi-Sport Athletic Award 2020-21 State Finalists

**Class A Male**
**School**

Haslett	Xander	Thelen
Walled Lake Central	Dillon	Fulcher
Woodhaven	Evan	Bliss
Brighton	Matthew	Copple
Chippewa Valley	Draven	Wilson
Midland	Alex	Money
Livonia Stevenson	Zane	Peecher
De La Salle Collegiate	Brett	Stanley
Lake Orion	Kade	Manzo
Bay City Central	Shaun	Walkowiak
Lowell	Keegan	Nugent
Cousino	Jacob	Schang
Rockford	Brock	Holwerda

**Class A Female**
**School**

Lincoln	Melia	Williams
Rochester	Megan	Lorenzo
Chippewa Valley	Alexa	Pren-
	Ellen	kocevic
Mercy	"Ellie"	Tisko

**Class B Male**
**School**

Imlay City	Chris	Cezik
Vicksburg	Jacob	Conklin
Onsted	Dylan	Terryberry
Owosso	Wyatt	Leland
Buchanan	Jack	Branch
Carrollton	Landon	Boensch
Big Rapids	Daryle	Greenbay
Negaunee	Will	Luke
Reed City	Peyton	Hansen
Sault Area	Bennette	Swanson
Notre Dame Prep	Jacob	Bendtsen
Allegan	Tyler	Aldrich
Swan Valley	Avery	Goldensoph
Sparta	Hayden	Cook
Freeland	Nolan	Van Loo

**Class B Female**
**School**

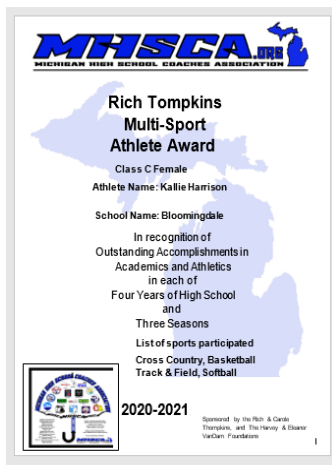
Buchanan	Claire	Shelton
Carrollton	Jamie	Kocks
Notre Dame Prep	Abby	Wichers
Fremont	Briana	Webber
Unity Christian	Klaire	Goebel
Sparta	Paige	Wilson
Big Rapids	Alissa	Ruggles
Boyne City	Jaelyn	Jarema
Negaunee	Sierra	Hendrickson
Vicksburg	Hannah	Vallier
Owosso	Reyn	Tuttle
Sault Area	Lilly	Alaspa
Swan Valley	Ellie	MacDonald
Freeland	Kirsten	Spegel







Camden Orr New Lothrop Class C

Kallie Harrison  
Bloomingdale  
Class C Girls

## The Rich Tompkins Multi-Sport Athletic Award 2019-20 STATE Finalists

### Class C Male

#### School

Vassar	Dalton	Hook
Bronson	Mason	Harris
Kalamazoo		Terpstra
Christian	Chris	
Carson City-Crystal	Jared	Shepler
Michigan Lutheran Seminary	Eli	Slangor
Homer	Damaso	Lebron
Harrison Community	Lucas	Gillespie
Central	Jus'tyz	Tuggle
Hemlock	Brayden	Green

### Class C Female

#### School

Vassar	Sarah	Colosky
Bronson	Jenna	Salek
Carson City-Crystal	Mariah	Wesner
Michigan Lutheran Seminary	Lauren	Blaine
Kent City Community	Alyssa	Larson
Unionville-Sebewaing	Brynn	Polega
Kalamazoo Christian	Avery	Ekkens
Holton	Kylie	Gould
Merrill	Laney	Wiley
Hemlock	Cassidy	Peake

### Class D Male

#### School

Saranac Community	Alex	Bollone
Britton Deerfield	Dominic	Arriaga
Marine City Cardinal Mooney	Larry	DeDalis
Nouvel Catholic Central	Ashton	Wright
Ashley Community	Aaron	Drummond
Plymouth Christian	Nathan	Etnyre
Parkway Christian School	John	Stricker

### Class D Female

#### School

Marine City Cardinal Mooney Catholic	Sophia	Goulette
Parkway Christian	Nina	Sieracki
Colon Jr/Sr High	Ashley	Vallance
Huron Valley Lutheran	Annika	Van Loton
Dryden	Ella	Kage



Carson's and family: Krista, Carson, James and Hayden Voss





## MIVCA

# Michigan Interscholastic Volleyball Coaches Association

Like the rest of the state and country, our coaches and players had to adapt to the changes brought on by the COVID-19 pandemic.

Summer conditioning, improvised weight training, tryouts and practices took place outdoors on football fields, tennis courts, sand courts, parking lots, and grass areas, with masks, social distancing, lots of sanitizer, bottled water, sunglasses and beach towels.

When the season began, we were limited to quads, or smaller events, with few to no spectators.

Gone were the all-day events, buffets, overnights, bonding with other teams, BUT we were playing volleyball!

We finished Regionals before being shut down for 2 months. Play resumed in January and Champions were crowned.

This year our All-State selection was conducted virtually in each division.

Over 270 coaches participated in the selection of All Region players with 65 representatives involved at the state level. 243 student-athletes received honors at the State level, and over 600 at the Region level.

Coach of the Year recognition took place at the Region Level with 41 coaches selected. Recipients included Varsity, sub-Varsity and Middle School coaches.

This year a few of those coaches will be highlighted on our website or through eblasts.

Individual and Team Academic awards, Scholarships and Grants, and our "Ms Volleyball Award" were still given out.

Forced to cancel the MIVCA clinic, we encouraged members to participate in the AVCA virtual clinic and offered ten \$100 grants to lucky coaches.

On our website, coaches can check out SportsRecruits, a cost-effective online platform for recruitment by college coaches, which serves multiple sports.

Through increased communication (Mivca.net, Twitter, Facebook, and eblasts) we have tried to help our members through these trying times.



### INAUGURAL LEADERSHIP DEVELOPMENT ALLIANCE CLASS CHOSEN

JACKSON – Thirteen football coaches from across Michigan have been chosen to be part of the first Michigan High School Football Coaches Association's Leadership Development Alliance class.

"We had more than 40 coaches from around the state apply to be part of the program," said MHSFCA Executive Director Scott Farley. "For the first year, we were really pleased with the level of interest and hope that by providing a really valuable experience for them, interest will explode in future years."

Patterned after the AFCA's 35 Under

35 program, the MHSFCA developed its program to assist with the professional development of coaches throughout Michigan. Through an intensive leadership training program, coaches will learn from some of the top coaches in the state and create a network to build from in the future.

"In all my years with the association I believe this is one of the best things we have done," said MHSFCA President Andrew Pratley. "Selecting coaches who are looking to learn from some of the best coaches in the state to improve their craft and thus improving the experiences for young people all over the state is extremely exciting."

The Leadership Development program will begin during the MHSFCA's All-Star game weekend next month. The game will be played Saturday, June 26 at Lawrence Tech University in Southfield.

"We feel like we have some very eager coaches in this inaugural class," Pratley said.

Chosen for the first class are:

Tommy Atkinson - Whittemore Prescott

Jeff Bacholzky - Almont

Trevor Dobruk - Woodhaven

Jack Ginn - Allendale

Isaiah Gourdine - Harper Woods

Eric Hartsell - Carsonville Port Sanilac

Ian Iler - Redford Union

Michael Mach - Detroit Catholic Central

Kyle McElvany - Monroe St. Mary Catholic Central

Matthew Peterson - Midland Dow

Kurtis Phelps - Vicksburg

Alex Smith - Holton

Brian Thomas - Stoney Creek

The coaches are not only spread across the state, they also come from a variety of backgrounds, either assistant or head coaches or previous head coaches.

"It is our hope that by pouring

into these future leaders, with a curriculum emphasis targeting areas like program development, player development, community involvement, and other areas of interest to aspiring head coaches, we will set them up for success in their careers and they can create great programs in their communities that will impact hundreds of players and others in the coaching profession as a result," Farley said.

The MHSFCA and its members have been devoted to the promotion of high school football since its inception in March 1972. For more information about the organization, visit [www.mhsfca.com](http://www.mhsfca.com).



## Michigan High School Sport Association

### Coaches Clinic/Events

MIAAA: March 19-21, 2022 at Grand Traverse

Summer Workshop June 20-23 at Mt. Pleasant

Baseball: January 2022  
TBA

BCAM-Basketball: October 2-3, 2021 at Oakland University.

Bowling : October 2021 TBA

MITCA: Cross Country: 2021 TBA

Competitive Cheer: October 2021 TBA

Football: January 2022 TBA

Golf: 2021 TBA

Gymnastics : October 2021 TBA

Men's Lacrosse: January TBA

Skiing: October 2021 @ TBA

Softball: February 2022 TBA

Swimming: September 2021 Site: TBA

Tennis: February TBA

Track & Field: 2022 TBA

Volleyball: TBA -2021

Wrestling:  
Nov. 2021 TBA

NHSACA Convention: Lincoln, Nebraska  
July 26 to 29, 2021

# MHSCA COACHING RECOGNITION

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

\*The AD or principal's signature confirms this.

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

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

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

This can be at any level. You cannot however count more than one level or season for a sport in any one year.

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

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

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

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

For more information go to [www.mhsca.org](http://www.mhsca.org) or contact Mike Jolly at

E-mail to: [dlsathletics@aol.com](mailto:dlsathletics@aol.com)



## 2020/21 NHSACA Coach of the Year Finalist & Hall of Fame Inductees

Fred	Smith	Athletic Director	Lake Michigan Catholic
Chris	Andrews	Baseball	Portage Northern
Mike	Kloss	Boys Cross Country	Harbor Springs
Philip	Hoover	Boys Track & Field	Zeeland West
Randy	Vanderveen	Girls Track & Field	Rockford
John	Deibel	Special Sports	Notre Dame Prep
Jeff	Huxley	Swimming & Diving	Alma
David	Fredette	Tennis	Armada
Vicky	Groat	Volleyball	St. Philip Catholic Central

The National High School Athletic Coaches Association the professional organization of school coaches and athletic directors, (NHSACA) has selected the following individual's as one of eight national finalists in their sport for Coach of the Year recognition.

On July 27, the NHSACA Hall of Fame induction dinner in Lincoln, Nebraska will take place with two fine candidates from Michigan to be honored.

Mr. Mike Jolly from Warren De LaSalle schools and Ms. Jodi Manore of Temperance Bedford.

Each of the sports eight finalists will be honored, and the Coach of the Year will be selected during the NHSACA Annual Conference July 29, 2021 at the Old Train Station-Haymarket, in Lincoln, Nebraska, where over 500 coaches and athletic directors will participate.





How many times in coaching have we reminded our athletes to “finish the race”, or “run through” the goal line, or “follow through” with your shot?

I get that same feeling this year as we prepare for the summer clinic in Lincoln.

It's time to finish the race, and follow through with our goals.

Greetings to you all, I hope you are having a safe and healthy spring.

The Executive Committee has been “Zooming” quite often to plan for the summer.

I can't express enough how Dave Dougherty, Darin Boysen, Justin Davie, Rocky Ruhl, Tim Wallstrum, and Joe Cliffe have worked tirelessly to make this a great experience. They are a great leadership team for NHSACA.

I have reached out to you about attendance at this summer's clinic, and also about your shirt sizes. I really appreciate you getting back with me with that information.

Out of the 74 board members that responded, 62 have said they are coming to Lincoln.

I'm so excited to reconnect. Oh, and I'm not done contacting you, in a day or so I will also be asking you some really important questions about your trip to Lincoln.

I will appreciate your speedy reply. Speaking of responding – out of the 62 board members that have said they going to attend, only 41 have registered.

Please make plans to do so soon. If you know any of the COTY finalist, or Hall of Fame Inductees, encourage them to register and purchase their banquet tickets soon.



## April Newsletter from the

We still have 67 finalist that have not registered.

I'm happy to report that we are growing. Brandon Gonzales from California is our new Region 8 Director, and he has convinced two coaches associations from California to join us, and Dainel Uszaki is the new Region 2 Director and now the Southern New Jersey Coaches Association will also be joining us.

There are other individual coaches' associations on the horizon, and we look forward to their participation.

There are going to be a total of 18 new board members at the convention.

All of us veterans are going to have to help the new ones mix in, and feel part of our organization.

A special welcome to the new sports chairs: Jake Solper (Swimming) from North Dakota, Louis Nash (Tennis) from Mississippi, Paul Twenge (Baseball) from Minnesota, Jean LaClair (Volleyball) from Michigan, Lisa Crabtree (Girls Assistant) from Iowa, Darell Buemeister (Boys Cross Country) from Iowa, and Robert Murphy (Wrestling) from Illinois.

We also need to welcome our new at-large representatives: Joe Canzanella from Connecticut, Eric Held from Louisiana, Dave Slicox and Jim Sanford from Arizona, Becky Mudd from Colorado, Joyce and Rick Reingeisen from Minnesota, and Anthony Jenkins from Mississippi.

I mentioned last year that everything has a beginning, a middle, and an end. One year ago I said we were at the beginning of the pandemic, and I pray to God we are at the end now and that vaccinations are starting to take control.

But we are still at the mercy of health departments and must follow protocols.

Trust me when I say that the Executive Board is contemplating everyone's safety - the board, the coaches, the speakers, the vendors, the banquet personnel, the COTY finalist, the hall of fame inductees, guests and families are all considered.

I would be remiss if I didn't thank those involved with committee work. Because committees have been streamlined, going from twelve to six committees, the real strength of our organization comes from the work that you have done outside of the convention week.

This has been a true collaborative effort and I applaud all of you for your efforts. National High School Athletic Coaches Association The Board Schedule for this summer has been sent out. Please take the time to review it, so you are clear on what is happening each day.

I hope that by taking care of committee work outside of convention, it frees up some time for you to attend specific sports sessions.

Plan ahead, there are some sessions you don't want to miss. Also notice that each day ends with a social for the board downstairs at the Country Inn and Suites.

There have been many challenges this last year and we have re-

sponded in the best and most collaborative and progressive way possible.

I'm very excited to listen to the General Session Speaker that the Nebraska Coaches Association is bringing in – Brian Kight. He is an expert in responding to events that will give everyone a better outcome.

That will be great information for coaches in attendance, but also for us as a NHSACA Board.

There have been some experiences this last year that have definitely given us some negative and hopefully some positive results. I'm sure that he will give us all good advice on how to react to those challenges that can influence how well we achieve our goals.

Last, but not least, I want to thank Darin Boysen and his Nebraska Coaches Association Board.

The time and efforts that they have spent on securing close to 90 speakers, 70 plus vendors, 13 hotels, and producing an outstanding schedule cannot go unnoticed.

We look forward to see the fruits of their labor this year.

Stay Safe and God Bless You All ! See you all in twelve short weeks. Until then – FINISH THE RACE STRONG!

Ted Schroeder President, NHSACA



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



# GATORADE

THE SPORTS FUEL COMPANY™

## Sports Nutrition 101: Fueling & Hydrating The Athlete

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

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

### PRE-WORKOUT

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

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



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



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



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

- **SNACK APPROXIMATELY 30 MINUTES BEFORE WORKOUT**



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

### DURING-WORKOUT

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



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

### POST-WORKOUT

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

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

- **POST-WORKOUT SNACK IDEAS:**



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

- **MEAL 1-2 HOURS POST-WORKOUT IDEAS:**



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



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



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



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



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

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## Michigan High School Coaches Association Insurance Program

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

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

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

to others.

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

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

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

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

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

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

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

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

## Loomis & LaPann, Inc.

INSURANCE SINCE 1852

Camp Insurance Coaches Assoc. High School Assoc. K





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

854 Marshall Street, Portland, MI 48875  
E-mail: [mhsca1954@gmail.com](mailto:mhsca1954@gmail.com)

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

### Executive Board

### MICHIGAN HIGH SCHOOL COACHES ASSOCIATION

#### HALL OF FAME APPLICATION

#### Executive Director:

Jim Okler,

#### Executive Secretary:

Mark F. Holdren

#### President:

Debbie Williams-Hoak

#### 1st Vice President

Darrin Millar

#### 2nd Vice President

Ron Landfair

#### 3rd Vice President

Dave Kowalski

#### Past President

Ted McIntyre

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

#### Contact Information

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

For more information contact: [mholdern.11@gmail.com](mailto:mholdern.11@gmail.com) or call: 517-526-4575

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

### Executive Committees

#### Rich Tompkins Multi-Sport Athlete Award

Larry Merx

#### Service Award

Mike Jolly

#### Constitution

Kim Spalsbury

#### Finance

Steve Porter, Darrin Millar & Sue Miller

### Member Associations

MIAAA: Athletic Directors

MHSBCA: Baseball

BCAM: Basketball

MHSIBCA: Bowling

CCCAM: Competitive Cheer

MHSFCA: Football

MIGCA: Golf

MHSGCJA: Gymnastics

MHSHCA-Ice Hockey

MHSLCA: Men's Lacrosse

MWLCA: Women's Lacrosse

MHSSCA: Skiing

MHSSCA: Softball

MISCA: Swimming & Diving

MHSTeCA: Tennis

MITCA: Track & Field & Cross Country

MIVCA: Volleyball

MWA: Wrestling





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

854 Marshall Street, Portland, MI 48375  
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:

Debbie Williams-Hoak

### 1st Vice President

Darrin Millar

### 2nd Vice President

Ron Landfair

### 3rd Vice President

Dave Kowalski

### Past President

Ted McIntyre

## 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.

## Executive Committees

### Rich Tompkins Multi-Sport Athlete Award

Larry Merx

### Service Award

Mike Jolly

### Constitution

Kim Spalsbury

### Finance

Steve Porter, Darrin Millar & Sue Miller

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

## Member Associations

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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 highest awards for service and contributions to sports in the state of Michigan.

The MHSCA Distinguished Service Award:

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

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

### Executive Committees

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

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

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

#### Required information for completed application:

Name of MHSCA Distinguished Service Award Nominee:

School or Sport Affiliation:

Email:

Mobile Phone

Nominated by:

Email:

Mobile Phone:

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

Completed application can be submitted to [MHSca1954@gmail.com](mailto:MHSca1954@gmail.com)

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## Sponsorship Opportunities

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

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

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

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

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

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

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

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

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

- Recognition/Advertising in Coach of the Year Awards Program

- Complimentary exhibit booth during the awards day banquets

- Active link on MHSCA website

### Sponsor a MHSCA Service Awards Station: \$3000.00

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

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

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

### MHSCA Contact Information:

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

**Phone: 517.526.4575**

### The MHSCA Board of Directors Meetings & Events

- Board of Directors Fall Board Meeting 9-19-21
- Hall of Fame Banquet September 19, 2021 @ CMU Board of Directors Winter Board Meeting & COTY Banquet November 7, 2021 @ Lansing Area
- MHSCA Hall of Fame Committee Meeting, February 10, 2022 @ conducted **Virtually**
- MHSCA Finance Committee meeting, March 6, 2022 @ conducted **Virtually**
- Board of Directors Spring Board Meeting March 6, 2022 conducted **Virtually**

  
**MHSCA BOARD OF DIRECTORS & EXECUTIVE COMMITTEES CALENDAR**

## MHSCA Sponsors



### **Executive Director**

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